

GOODKIDS ACADEMY

MENTAL HEALTH AWARENESS Pilot Programme



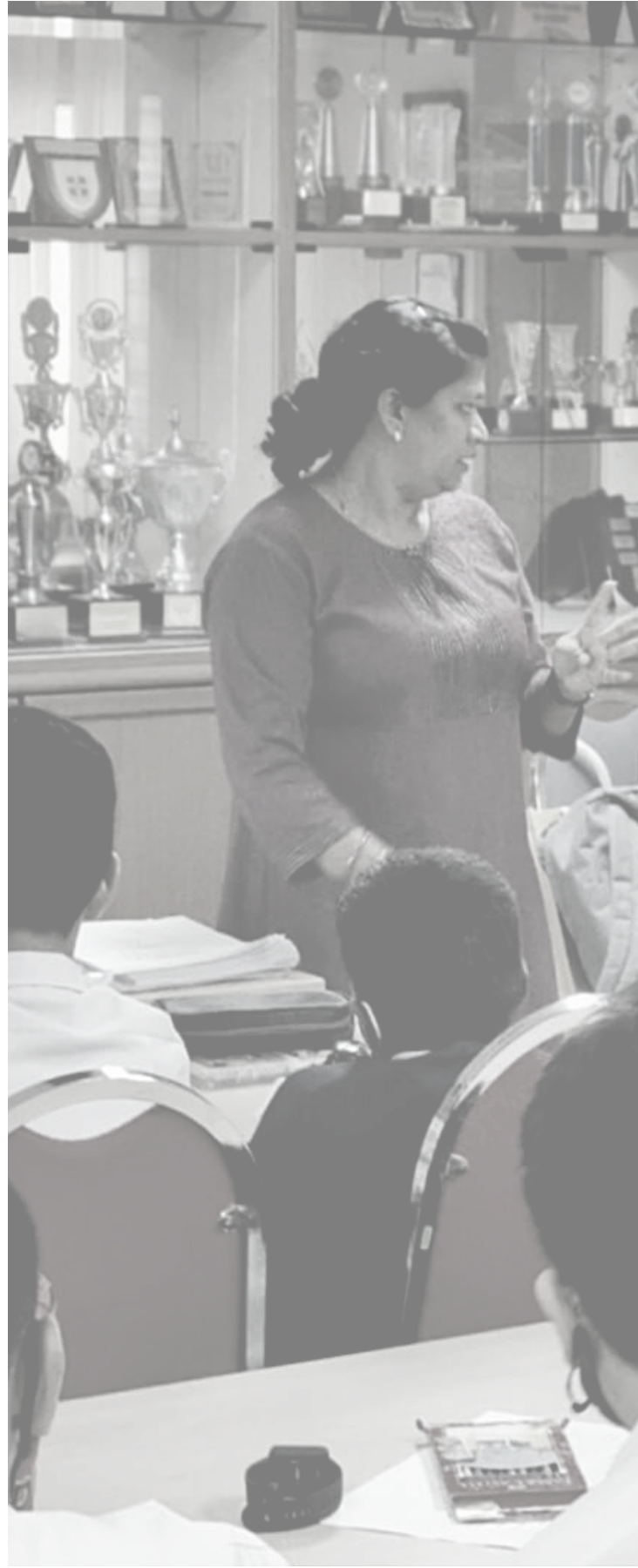
IMPACT REPORT

2022 - 2023

GoodKids

Table of Contents

- 1 Introduction**
- 2 Our Programme**
- 3 Train-the-trainers**
- 4 Programme Impact**
- 5 Recommendation**
- 6 Meet our Team**



Introduction

GoodKids Academy

GoodKids is a social enterprise that helps youth to build self confidence and encourage self expression using counselling and the arts. Having worked closely with our Malaysian students since 2016, we discovered a problem that demands an urgent solution. The National Morbidity Health Survey in 2019 published an alarming number of 424,000 children found to have mental health problems, prevalent among the 10-15 years old kids. Another report by The Star in 2021 stated that out of 266 suicide cases reported between Mar - Oct 2020, a quarter were committed by teenagers aged between 15 to 18 years old.

The pandemic made many students fall behind in education due to inability to study online and challenges of being confined at home for almost two years. Since the reopening of schools, students' attendance and academic participation has declined. Many feel depressed, anxious and stressed thus unable to concentrate on learning. Our schools, on the other hand, are not prepared to handle this situation. Teachers do not have teaching materials that focus on helping students to face these challenges.

The Malaysian Country Report (MHPSS) prepared by UNICEF with the Ministry of Health Malaysia in 2022 strongly urged prevention measures in forms of educational programmes for school students and training for teachers and school counsellors in the mental health sector.

GoodKids understood this gap and the urgency. We developed the GoodKids Academy that provides **mental health awareness** content which is easy for teachers and counsellors to deliver in schools. Our content helps students understand their own mental health and learn coping skills to face their challenges using proven psychological methods. This is an intervention designed to scale up to all Malaysian secondary schools by training the school counsellors. Through the pilot program, it is proven that this programme improves the mental health awareness among students. With this, we will be able to reduce cases of mental and emotional health issues in the long run, thus lowering the long-term costs of treating mental patients while ensuring we have a group of healthy teenagers ready to contribute to economic development.

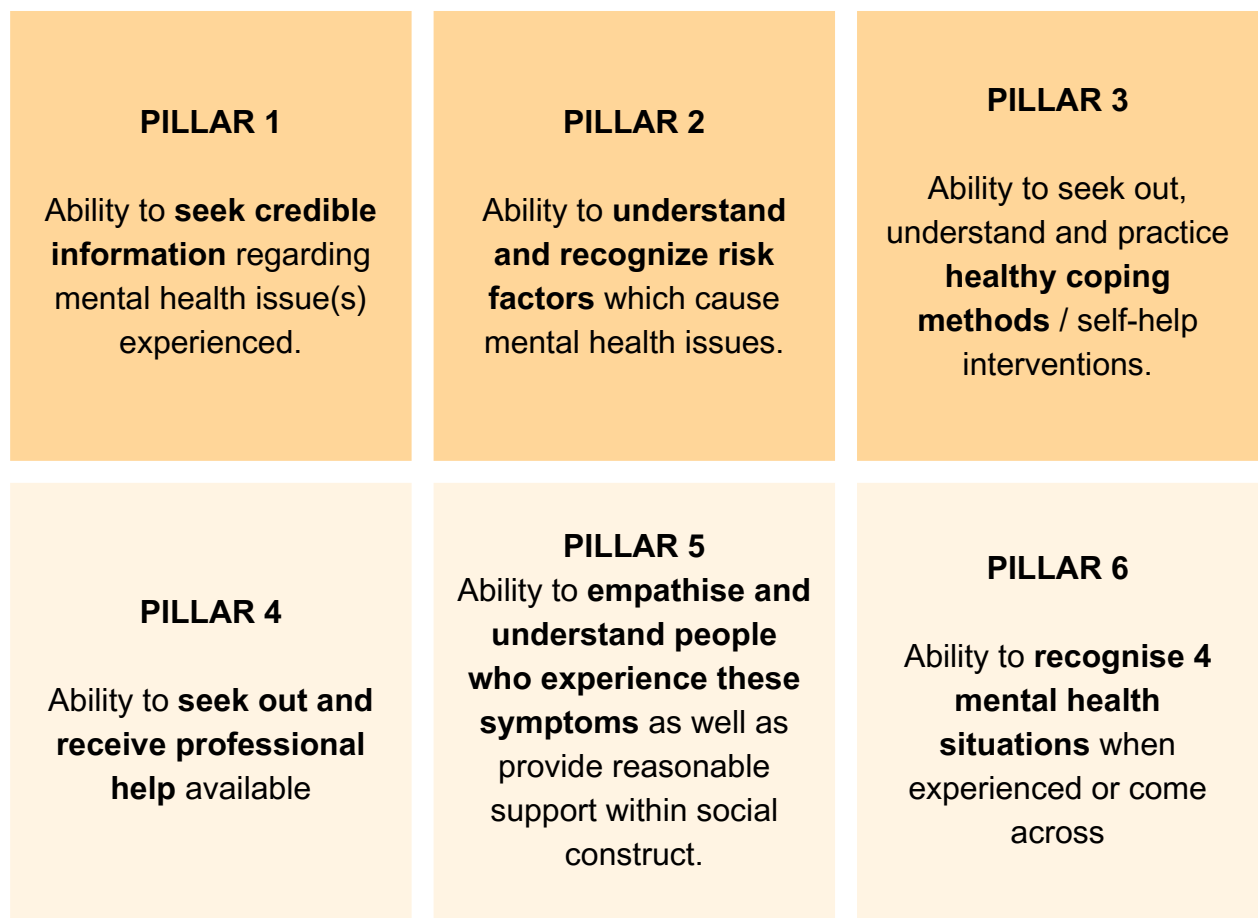
This programme is developed by mental health experts who have vast experience in working with Malaysian schools and students. The content is developed based on Malaysian cultural context with ease of implementation for easy adoption in schools.

Sponsors & Program Partner

This pilot programme was funded by UNICEF Malaysia through the MyUNICEF Impact Challenge in collaboration with Social Impact Challenge Accelerator (SICA) by MRANTI. This pilot project is also supported by UDA Holdings via KUSKOP

Our Programme

The GoodKids Mental Health Awareness programme was developed to address 6 different pillars that are encompassed in mental health awareness.



The modules of this programme were designed to enable students to recognize, understand and reflect about mental health in context to the 6 pillars mentioned above. An introductory animation video, a journal-styled worksheet, healthy coping method suggestions and resources of mental health professional contacts are what the module comprises of. A trainer guide for the school counsellor is provided as well, with details of suggested prompts, debrief for each section, ground rules for classroom management as well as suggested time allocation for each section. This gives a more holistic experience for participants in expressing and discussing their opinions and doubts regarding the topic with their teacher as well as enabling a healthy and safe space within the classroom.

Programme Development

Artworks



All artworks used in animation videos as well as journal worksheets are from students of GoodKids. These artworks were compiled during the pandemic for Apa Pandang-Pandang, an online art exhibition which depicted the experiences of B40 students during the CoVID-19.

Using artworks of local cultural context by students is significant in making the content relatable to Malaysian public school students.

*Artists of artwork: Kent 16 yrs, Ally 18yrs, Vila 16yrs, Thines 18 yrs and other students of GoodKids.

Content

- 1 ANXIETY
 - 2 DEPRESSION
 - 3 STRESS
 - 4 SELF HARM
- + COPING SKILLS & PROFESSIONAL HELP RESOURCES

Each one of these 4 modules consists of an animation video, journal worksheets, healthy coping method suggestions as well as a list of professional mental health help.

A trainer guide is provided to school counsellors, which is a comprehensive tool to conduct the entire 4 modules from start to end.

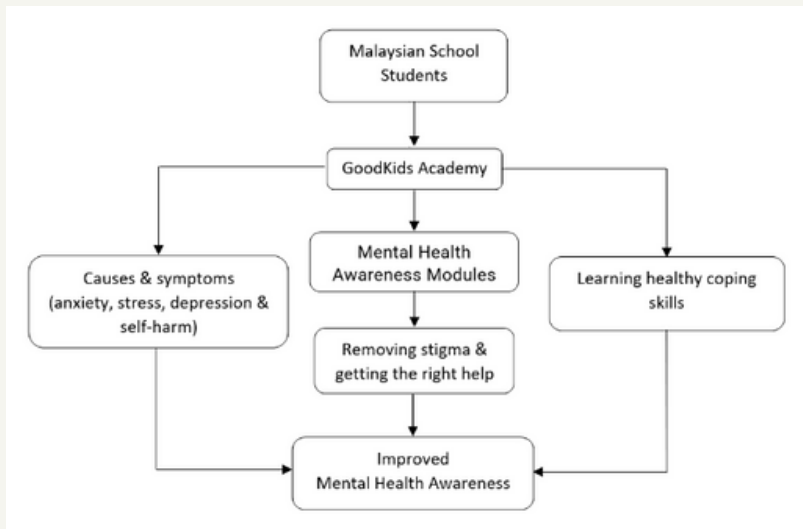
Objectives

6 Pillars of Mental Health Awareness

These 6 pillars of Mental Health Awareness was enlisted and approved by the roundtable of mental health professionals of this programme and research.

This programme aims to ensure students can identify symptoms and causes of these mental health conditions, learn healthy coping mechanism to manage their mental health, understand the importance of seeking validated professional help and empathise with peers who are experiencing them.

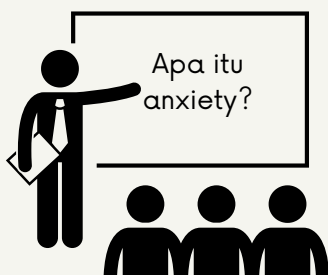
Conceptual Framework



The goal is to enhance mental health awareness among Malaysian school students using the "GoodKids Academy" program. The program includes 4 modules addressing prevalent mental health issues among children and adolescents: anxiety, stress, depression, and self-harm. It educates students on causes, symptoms, stigma reduction, seeking appropriate help, and developing healthy coping skills.

Pilot Programme Flow

Training (TOT) for school counsellors



School Counsellors conduct the programme



Programme Outcome



Pelajar yang sihat dan yakin

School counsellors attend the TOT by GoodKids team on conducting GoodKids Mental Health Awareness programme. Each school is provided with animation videos, printed worksheets and trainer guide.

The school counsellors then conduct the programme for their students. Each school receive materials for one batch of students. School counsellors conduct the Pre & Post Survey, which is explained during the TOT.

The program aims to see effective improvement, in the students post-programme such as ability to understand mental health issues, identify symptoms, learn coping skills and seek validated resources for help.

Measurement Tool: Pre & Post Survey

The 6 pillars were further classified into three categories (Knowledge, Value and Attitude) before developing a pre/post survey to study the efficacy of the programme. The survey with a total of 27 questions (19 objectives and 8 subjective) were prepared, validated and approved upon several roundtable discussions with mental health, academic and industry experts:

The survey was intended to test how the programme has impacted the knowledge of participants, the values that participants have towards mental health as well as attitude of participants towards topics or circumstances regarding mental health. This gives a more wholistic and effective measure of participants having mental health awareness, post programme.

Knowledge

Value

Attitude

First page of Pre & Post Survey, after segregating by pillars and three categories, which are labelled by colour as well.

Pre & Post Survey

Please choose the most suitable answer for each statement below.

No.	Statements	Strongly Agree	Agree	Not sure	Disagree	Strongly Disagree
1	Ability to seek credible information regarding mental health issue(s) experienced:					
1a	When someone famous posts on the internet about mental health information, it is always true.					
1b	When I want to find further information regarding mental health issues, I will ask my friend.					
2	Ability to recognise risk factors which cause mental health issues.					
2a	At times, I don't know what is bothering me.					
2b	When someone shows symptoms of mental health issues, I advise them to be more positive					
2c	I think people who see mental health professionals are crazy.					
2d	People with mental health issues just need to manage their time better					
3	Ability to seek out and practice healthy coping methods/ self-help interventions					
3a	If I feel stressed, I can play online games all day.					
3b	When I feel anxious, I can do deep breathing.					
3c	If I feel like punching the wall, I am just angry. I don't need help.					

Acknowledgement



Balasubramaniam
Counseling Psychologist

An expert with more than 30 years of experience with youth in the field of social work and mental health.



Assoc Prof. Dr Haniza Rais
Counselor Educator (IIUM) & Registered Counselor

An expert in the field of research and development of instruments and mental health.



Dr. Noor Aishah Rosli
Clinical Child Psychologist
Registered Counselor

An expert in the field of mental health assessments, diagnosis and interventions.

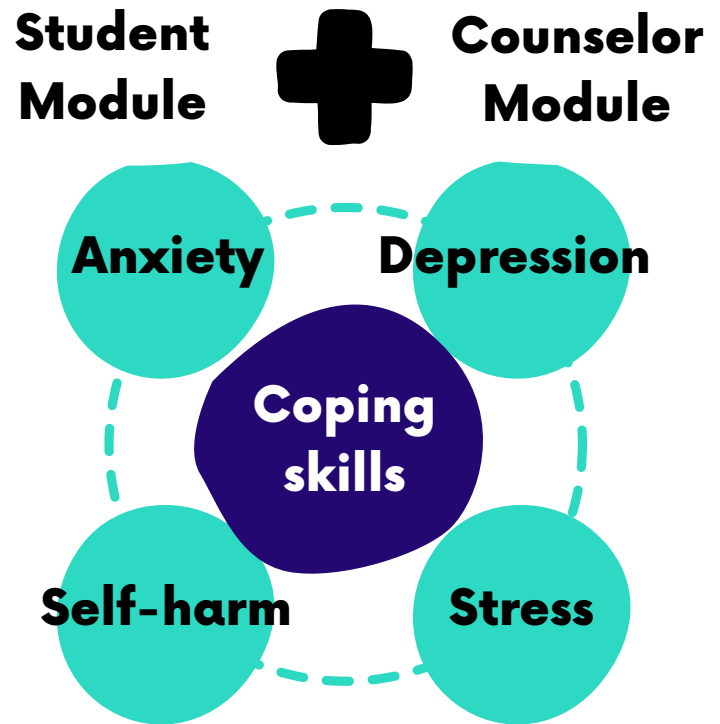
We are immensely grateful to Mr. Balasubramaniam, Assoc. Prof. Dr. Haniza Rais, and Dr. Noor Aishah Rosli for their invaluable contributions in developing our mental health awareness program's survey tool, which was funded by UNICEF. Their expertise and guidance have been crucial in shaping the effectiveness of the assessment tool. Additionally, they have provided invaluable insight as advisors on other program-related planning. We extend our heartfelt appreciation for their dedication and support in creating a comprehensive tool for our program.

In the process of developing and finalizing the survey, our team were also advised and assisted by the members from UNICEF Malaysia, Shermaine Sim Su Tein and Rachel Kuilan.

Training of Trainers (TOT)

Date: 24-25th August 2022

Venue: SMK Taman Seri Rampai



Program conducted under
PPD Keramat & Klang

28

School Counsellors Trained



Data Measurement

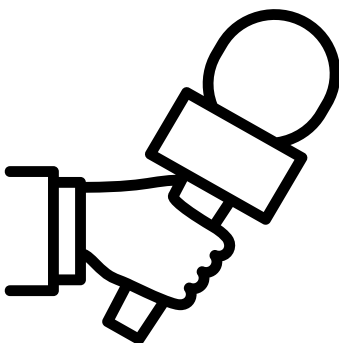
1 PRE & POST SURVEY

A survey to measure mental health awareness among the students who went through this program was developed as part of this pilot project with our advisors who are mental health experts. This survey is designed based on Malaysian cultural context, student exposure and current trends in mental health. This survey was conducted before the students started the program and repeated after they completed the programme. The average scores were calculated to see the difference in their mental health awareness

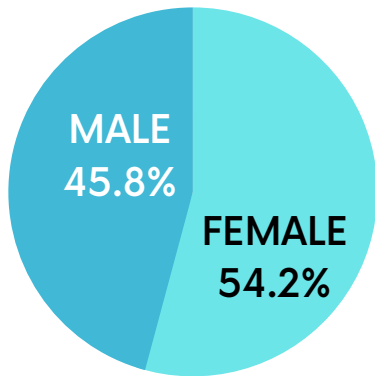


2 COUNSELLOR FEEDBACK VIA INTERVIEW & SURVEY

From the counselors' perspective, we gathered feedback on the significance of this mental health awareness program through interviews and Google survey forms once they have completed the program. These methods allowed us to capture their unique viewpoints. We specifically asked them about the importance of the program and its impact based on their professional experiences while conducting the program in their respective schools. This approach provided valuable insights into the counselors' perspectives regarding the program's effectiveness and relevance in addressing mental health issues.



Programme Impact



25 schools under PPD Keramat participated in this program. Total students benefited from this program are 539.

Out of those:

- 292 female students
- 247 male students

Comparing the average score of pre and post survey for all the schools, the data shows that there is an increase in the average score after the program

■ AVG SCORE - PRE ■ AVG SCORE- POST



Female students showed a higher average score both in pre and post survey compared to male students.

■ AVG SCORE - PRE ■ AVG SCORE- POST



However the higher difference in the average score between pre and post survey is shown by male students with 6.49% of improvement in their post-score compared to female students who have 4.42% of improvement in their post-score.

Programme Impact

The comparison of the average score of the students from the pre and post survey provides us the data that

80%

have increased their mental health awareness through our programme

POST PROGRAM SURVEY ANALYSIS

PILLAR 1

Ability to seek credible information regarding mental health issue(s) experienced.

Q: When someone famous posts on the internet about mental health information, it is always true.

69%

of the students scored above 3 on the Likert scale which shows that the students are able to seek credible information.

PILLAR 2

Ability to understand and recognize risk factors which cause mental health issues.

Q: I think people who see mental health professionals are crazy.

87%

of the students scored above 3 on the Likert scale which shows that the students are recognize risk factors causing mental health issues

Programme Impact

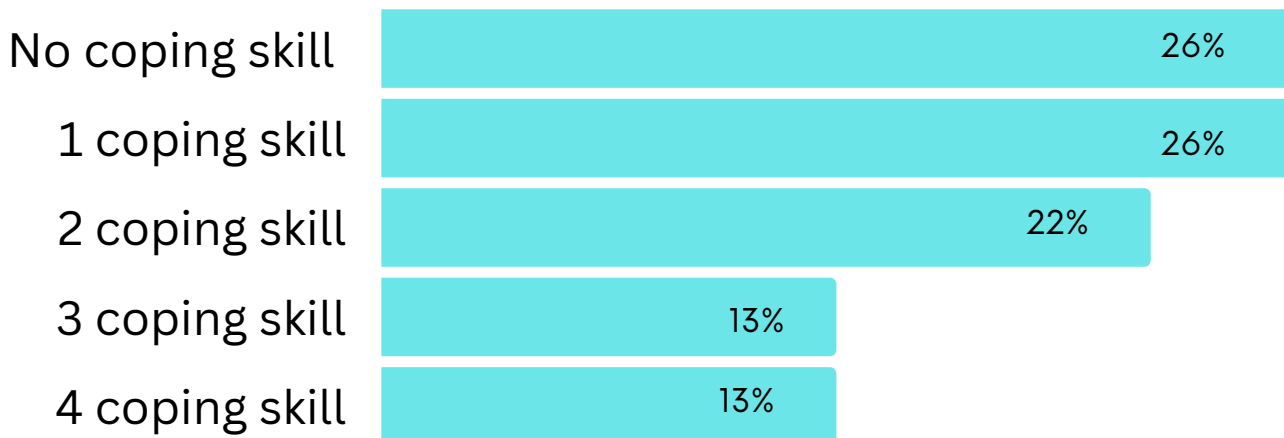
POST PROGRAM SURVEY ANALYSIS

PILLAR 3

Ability to seek out, understand and practice healthy coping methods / self-help interventions.

Q: I know healthy coping skills which I can apply when I am experiencing symptoms of anxiety, depression, stress and self-harm. They are.....

74% of the students have at least 1 healthy coping method after going through the program



PILLAR 4

Ability to seek out and receive professional help available.

Q: When someone I know shows symptoms of anxiety, depression, stress and self-harm, I will suggest them to speak to a mental health professional such as a counsellor, psychologist etc.

96%

scored above 3 on the Likert scale which shows that the students are able to seek professional help.

Programme Impact

PILLAR 5

Ability to empathise and understand people who experience these symptoms as well as provide reasonable support within social construct.

Q: Talking about mental health issues is not embarrassing

88%

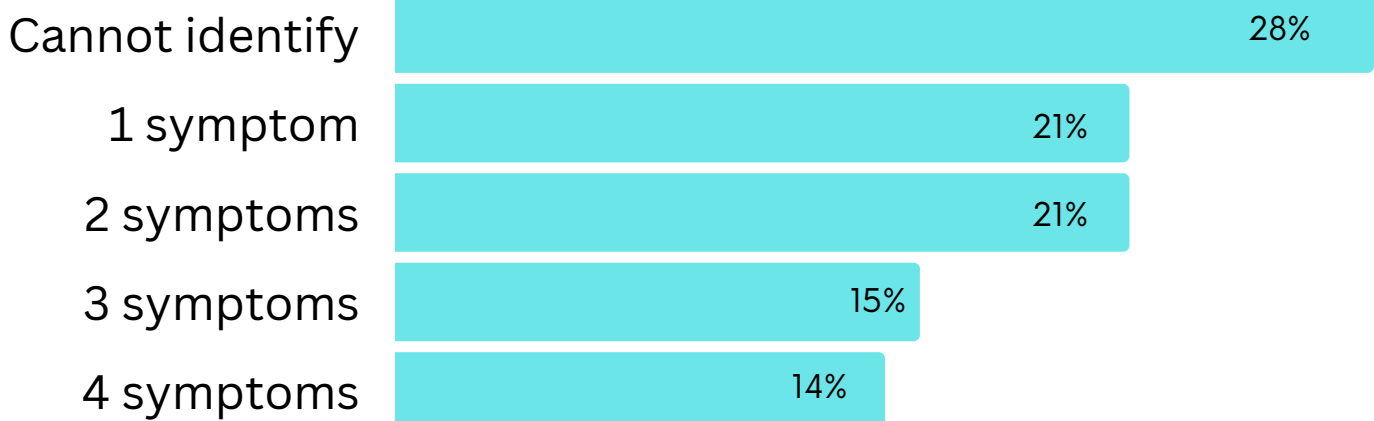
of the students scored above 3 on the Likert scale which shows that the students are able to empathise and understand mental health symptoms as well as provide support

PILLAR 6

Ability to recognise 4 mental health situations when experienced or come across

Q : I can recognise symptoms / signs of anxiety, depression, stress and self harm. They are....

72% of the students are able to identify at least 1 symptom of the anxiety, depression, stress and self harm.

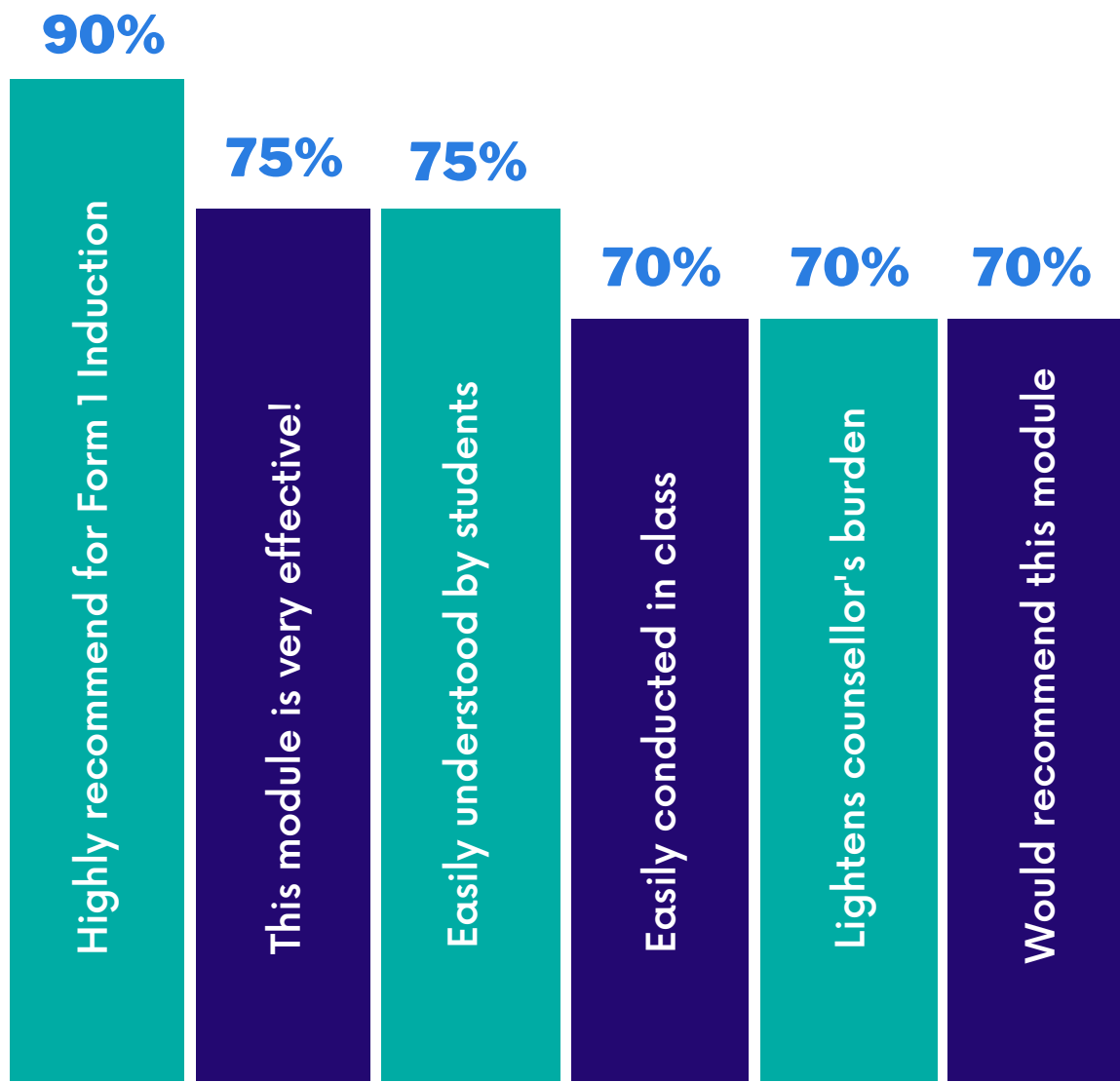


Programme Impact

Counsellors' Feedback

Post Programme Survey Response

Interviews and survey form were given to the respective school counsellors upon them completing the program in their schools in order to get feedback for improvements and effectiveness of the program. The below chart and testimonials were gathered through this process



Program Impact Testimonial

These testimonials were recorded from counsellors who went through the TOT and conducted the pilot programme in their respective schools.

Their feedback and recommendations were captured through survey forms and verbal interviews at the end of the pilot programme.

1

"If possible include this in PDP 'cause mental health awareness is crucial nowadays"

2

"Helped with the implementation of (Saringan Minda Sihat), where students understood the contents better"

3

"We must know what is going on in their mind; this kind of modules, awareness activities and talks, brings them out, so without realizing they understand, oh this is what I am going through"

4

"Effective in raising awareness related to self-harm"

5

"Very effective and easy for students to understand"

6

"I think from the students, they are enjoying themselves with the modules, and I was surprised that they know a lot of things"

Recommendation

FROM GOODKIDS

Next Steps

Where do we go from here? Impact reports are not just about looking back, but also looking forward. This pilot project is a continuous work in progress - a way for all the parties involved in our students mental health and wellbeing, to work together for greater impact. This section outlines our recommended strategies for the good use of our mental health awareness programme.

1

Induction Program for Form 1

Studies show that the transition stage from primary to secondary school is the most challenging phase for school students. As such, this programme will help them understand mental health and assimilate into secondary school. We strongly recommend the implementation of these modules as part of the induction program for Form 1 students across the country.

2

Capacity Training for School Counsellors

We found that there is a lack of programme to assist school counsellors to build their capacity in relation to mental health awareness initiatives in schools. Our training provides them the skillset, the knowledge and the confidence for them to independently run mental health programs and perhaps design their own intervention programmes in their respective schools.

3

As a Risk Management Intervention Program

Participants of this mental health awareness programme showed better scores in Saringan Minda Sihat (School-based mental health screenings). When feedbacks were gathered, some teachers also mentioned these modules can be used to help the 'critical' students identified through the screening process. When presented to BPSH (Bahagian Psikologi Sekolah Harian), the programme was recommended as a risk management intervention in the current mental health syllabus in schools.

Meet Our Team



Naaraayini
CEO



Koggelavani
COO



Pui Yee
Product Manager



Rubini
Head of Training



Seelan Mohan
Project Coordinator
& Research Assistant



Justin Kumar
Administrative
Executive

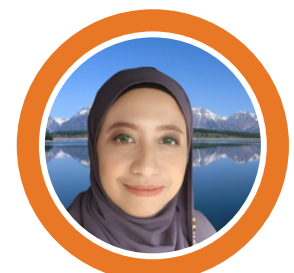
Our Advisors



Balasubramaniam
Counseling Psychologist



Assoc Prof. Dr Haniza Rais
Counselor Educator (IIUM) &
Registered Counselor



Dr. Noor Aishah Rosli
Clinical Child Psychologist
Registered Counselor

Thank You



contact@goodkids.com.my



@goodkidsmy



<https://goodkids.com.my/>



GoodKids

We thank you for your
continued support of
our programme.