

GOODKIDS ACADEMY

MENTAL HEALTH AWARENESS Pilot Programme



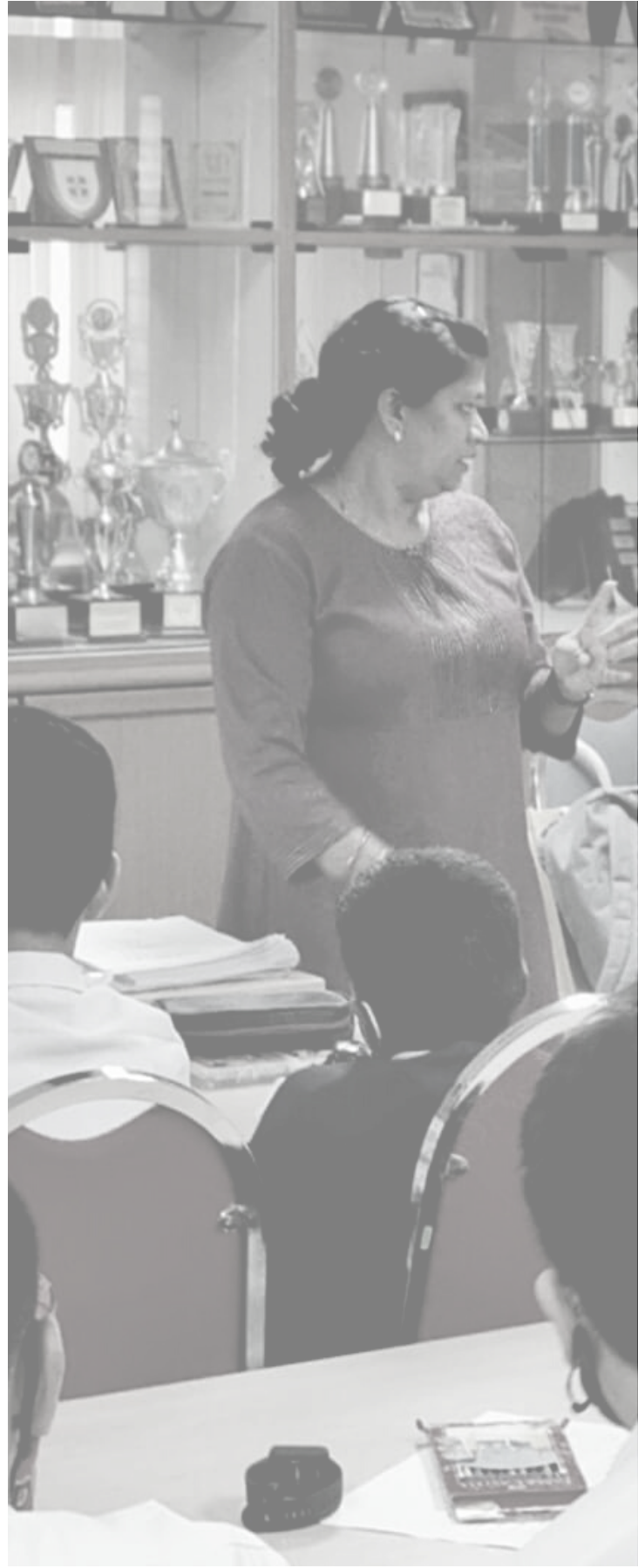
IMPACT REPORT

2022 - 2023

GoodKids

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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

This pilot programme was funded under the Social Impact Challenge Accelerator (SICA) Programme by **UNICEF Malaysia**, together with their implementing partner **MOSTI**.

GoodKids
ACADEMY

Our Programme

GoodKids Academy

Content

Objectives



Mental Health Awareness Programme

1

ANXIETY

2

DEPRESSION

3

STRESS

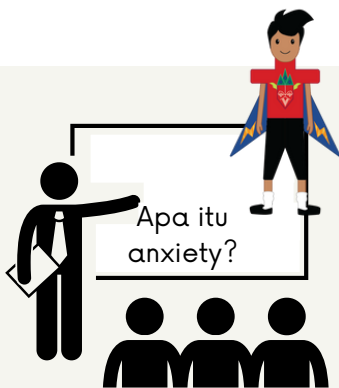
4

SELF HARM

+

COPING SKILLS & PROFESSIONAL HELP RESOURCES

- Students can identify symptoms and causes of these mental health conditions
- Students learn healthy coping mechanism to manage their mental health
- Students understand the importance of seeking validated professional help for mental health issues



Training (TOT) for school counsellors



School counsellors conduct programme for their students



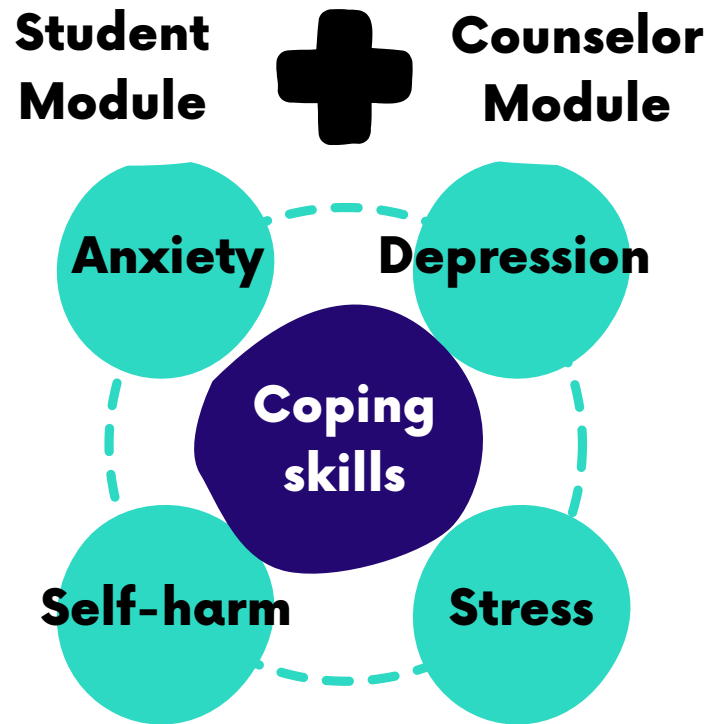
Pelajar yang sihat dan yakin

Students are aware of their mental health and more confident

Training of Trainers (TOT)

Date: 24-25th August 2022

Venue: SMK Taman Seri Rampai



Program conducted under
PPD Keramat & Klang

28

School Counsellors Trained



Programme Impact

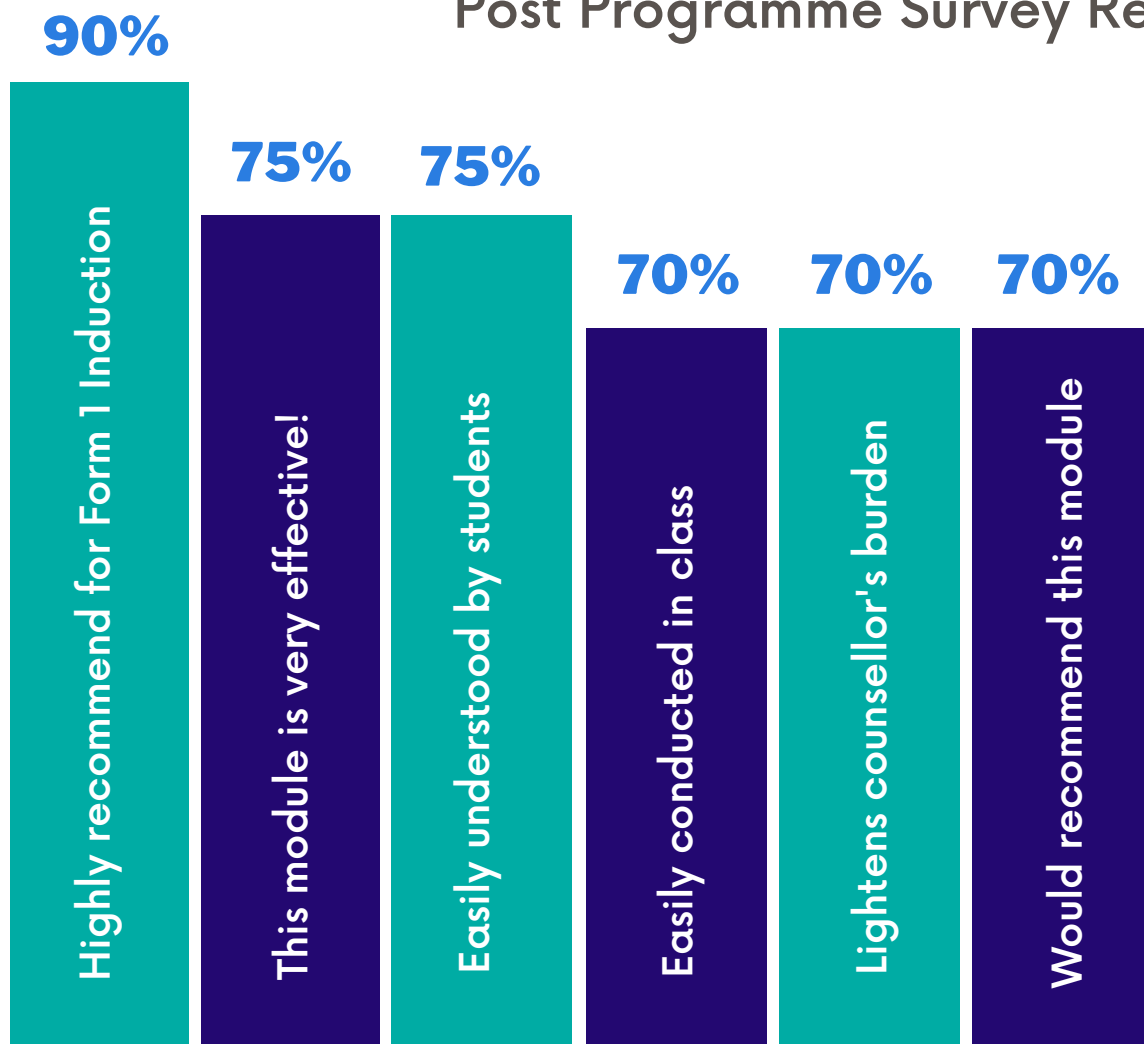
A survey to measure mental health awareness among the students who went through this program was developed as part of this pilot project with our advisors who are mental health experts. This survey is designed based on Malaysian cultural context, student exposure and current trends in mental health. 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

80%

have increased their mental health awareness through our programme

Counsellors' Feedback

Post Programme Survey Response



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 an Intervention Program

Students who participated in the GoodKids Academy mental health awareness programme showed better scores in Saringan Minda Sihat (MOE's initiative on mental health screenings in public schools). When gathered feedbacks, some teachers also mentioned these modules can be used to help the 'critical' students identified through the screening process.

Meet Our Team



Naaraayini
CEO



Koggelavani
COO



Pui Yee
Product Manager



Rubini
Head of Training



Seelan Mohan
Project Coordinator
& Research Assistant



Catherhea
Digital Marketing
Manager



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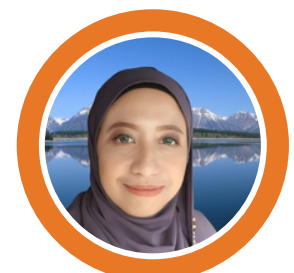
Our Advisors



Balasubramaniam
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Assoc Prof. Dr Haniza Rais
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Thank You



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GoodKids

We thank you for your
continued support in
our programme.