# The Happiness, Health and Hopes of all of our learners is the responsibility of us all...

## How data, creativity and agency can be used to support students' and educators' mental health with the fundamental 5 Rs.

November 2022

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# Sid Madge Meee

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# None of what you'll hear from us is more powerful than what you tell yourself.



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# Recruitment
# Resilience
# Retention
# Revenue
# Responsibility


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# Lack of discipline.
# Difficulty and workload.
# Choosing the wrong course.
# Family or economic issues.
# Living in an inapt college atmosphere.
# Isolation.


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# Siân Howarth

## This is, and was my reality of university life...

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# Andy Crouch Akumen

Hybrid-AI software turning student and staff lived-experience feedback into a new source of data and intelligence.

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# 40,000 (up 23% increase on 2021)

Students in England, Wales and Northern Ireland **permanently withdrew from their university courses and stopped receiving student loans by the end of August 2022**. *Source: Students Loans Company 29/09/22*

# 27%

Of general population suicides were people who had been in contact with mental health services in the previous 12 months. *Source: Office for Students briefing 15/06/22*

# 78% (up 3% increase on 2021)

Reported that they had concealed their symptoms from those around them for fear of stigmatisation. A 3% increase from last year. *Source: Insight Network Student Mental Health Survey Report 2020*


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# 38%

Of respondents felt that being at university in Autumn term had a negative impact on their mental health and wellbeing.
*Source: Student Minds report on Student Mental Health (January 2022)*

# 52%

Of respondents said they often felt lonely or isolated during Autumn term.
*Source: Student Minds report on Student Mental Health (January 2022)*

# 4%

The research also revealed only 4% of staff received "adequate training".
*Source: BBC news article on mental health (29/06/22)*


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Young people have little sense of direction, control and identity (agency) in their lives, especially for those marginalised by gender, ethnicity or socio-economic background.

Universities UK spokesperson:

**"Universities are committed to widening access to higher education and ensuring students from all backgrounds can succeed and progress. This includes supporting students to achieve the best outcomes in not only getting into university, but flourishing while they are there."**



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20K
10K
0K
Number of accepted UK applicants
2011
2012
2013
2014
2015
2016
2017
2018
2019
2020
Application cycle year
Autistic spectrum condition
Blind / partial sight
Deaf / partial hearing
Long-standing illness
Mental health condition
Learning difficulty
Wheelchair / mobility
Other disability
Multiple conditions or impairments



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University total drop-out rates
Red Brick
Russell Group
MillionPlus
University Alliance
Cathedrals Group
Total England
Total Wales
Total Scotland
Total Northern Ireland
Total UK
18%
16%
14%
12%
10%
8%
6%
4%
2%
0%
2014/15
2015/16
2016/17
2017/18
2018/19
2019/20
Year of entry



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Average intake of 6,000 new students a year.

Based on fees of £27,000 for a three year course.

10% dropout rate (600 students) = £16.2 million pa.

**A 1% reduction in drop out would represent a saving of £1.6m pa.**

Plus all the additional associated costs of trauma, public health, etc.



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University drop-out rates by subject, 2019/20
8%
7%
6%
5%
4%
3%
2%
1%
0%
Medicine, dentistry & veterinary sciences
Geographical & environmental studies
Mathematical sciences
Physical sciences
General sciences
Historical, philosophical & religious studies
Language & area studies
Law
Humanities & liberal arts
Subjects allied to medicine
Psychology
Education & teaching
Agriculture, food & related studies
Social sciences
Engineering & technology
All subjects
Architecture, building & planning
Biological and sport sciences
Business & management
Communications & media
Creative arts & design
Combined & general studies
Computing



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# Paul Howarth Akumen

## Developing A Digital Mental Health Capability Using Hybrid AI -Text Analytics

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# Our Hybrid Approach

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# Like it or not, this has to change

NICE
National Institute for
Health and Care Excellence

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## Do Not Do Recommendation

Do Not use risk assessment tools to predict suicide or repetition of self harm

Please tick the box

- ☐ Are you having suicidal thoughts?
- ☐ Do you have suicidal intentions?
- ☐ Do you have a plan?

**4. Suicide risk screen - greater number of positive responses suggests greater level of risk**

| | Yes | No | D/K | | Yes | No | D/K |
|---|---|---|---|---|---|---|---|
| Previous self-harm | ❑ | ❑ | ❑ | Family history of suicide | ❑ | ❑ | ❑ |
| Previous use of violent methods | ❑ | ❑ | ❑ | Unemployed/retired | ❑ | ❑ | ❑ |
| Suicide plan/expressed intent | ❑ | ❑ | ❑ | Male gender | ❑ | ❑ | ❑ |
| Current suicidal thoughts/ideation | ❑ | ❑ | ❑ | Separated/widowed/divorced | ❑ | ❑ | ❑ |
| Hopelessness/helplessness | ❑ | ❑ | ❑ | Lack of social support | ❑ | ❑ | ❑ |
| Depression | ❑ | ❑ | ❑ | Family concerned about risk | ❑ | ❑ | ❑ |
| Evidence of psychosis | ❑ | ❑ | ❑ | Disengaged from services | ❑ | ❑ | ❑ |
| Alcohol and/or drug misuse | ❑ | ❑ | ❑ | Poor adherence to psychiatric Tx | ❑ | ❑ | ❑ |
| Chronic physical illness/pain | ❑ | ❑ | ❑ | Access to lethal means of harm | ❑ | ❑ | ❑ |
| Past psychiatric history | ❑ | ❑ | ❑ | Currently pregnant/ pregnancy in last 12 months | ❑ | ❑ | |

**5. Additional suicide risk screen - complete for under 18 year olds**

| | Yes | No | D/K | | Yes | No | D/K |
|---|---|---|---|---|---|---|---|
| Family / relationship crisis (including recent traumatic event, current parent / child conflict, family breakdown, violence within home, long term family dysfunction / disruption) | ❑ | ❑ | ❑ | History of antisocial behaviour (recklessness, damage to property, fire-setting arrest and involvement with Criminal Justice) | ❑ | ❑ | ❑ |
| Problems at school / work (including truancy and non-attendance exclusion, low educational attainment, long term persistent bullying, unemployment) | ❑ | ❑ | ❑ | History of abuse, severe victimisation / exploitation, including childhood abuse / neglect | ❑ | ❑ | ❑ |
| Poor coping style / personal resources (impulsivity, poor interpersonal and life skills, lack of support network, history of absconding) | ❑ | ❑ | ❑ | Recent actual or threatened loss (divorce, separation, death of significant attachment figure) | ❑ | ❑ | ❑ |
| Parental mental health / substance misuse problems | ❑ | ❑ | ❑ | | | | |

SAMPLE

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# Interpersonal Landscape – Mental Health

27 Themes

The Interpersonal Theory of Suicide: Guidance for Working with Suicidal Clients Hardcover – 15 Feb. 2009
Thomas E. Joiner Jr. (Author), Kimberly A. Van Orden (Author), Tracy K. Witte (Author), M. David Rudd (Author)


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# What one word would you use to describe yourself?

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# Weirdo

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A.C. GRAYLING
THE MEANING OF THINGS
Applying Philosophy to Life
TIME TO THINK
LISTENING TO IGNITE THE HUMAN MIND
NANCY KLINE
the untethered soul
MICHAEL A. SINGER
GABOR MATÉ with DANIEL MATÉ
the Myth of Normal
TRAUMA, ILLNESS & HEALING IN A TOXIC CULTURE
CAN'T HURT ME
DAVID GOGGINS
Brené Brown
ATLAS OF THE HEART
DARING GREATLY
How the Courage to be Vulnerable Transforms the Way We Live, Love, Parent and Lead
BRENÉ BROWN
Lisa Miller
The Awakened Brain
The Psychology of Spirituality
the fearless organization
Amy C. Edmondson
A NEW EARTH
CREATE A BETTER LIFE
ECKHART TOLLE
The Coaching Habit Say Less, Ask More & Change the Way You Lead Forever
Michael Bungay Stanier
THE PROMISE OF A PENCIL
How an Ordinary Person Can Create Extraordinary Change
ADAM BRAUN
lovemarks
the future beyond brands
KEVIN ROBERTS, CEO WORLDWIDE, SAATCHI & SAATCHI
THE BRAIN
THE STORY OF YOU
DAVID EAGLEMAN
BEST-SELLING AUTHOR OF INCOGNITO
THE RUNAWAY SPECIES
DAVID EAGLEMAN
& ANTHONY BRANDT
Authentic Happiness
Martin E. P. Seligman, Ph.D.
Flourish
MARTIN SELIGMAN
THE CHAOS MACHINE
MAX FISHER
FINDING YOUR ELEMENT
KEN ROBINSON
DOUGHNUT ECONOMICS
Seven Ways to Think Like a 21st-Century Economist
KATE RAWORTH
THE POWER OF NOW
Eckhart Tolle
How Will You Measure Your Life?
Clayton Christensen James Allworth and Karen Dillon
KEN ROBINSON, Ph.D.
the Element
HOW FINDING YOUR PASSION CHANGES EVERYTHING
MASLOW'S HIERARCHY OF NEEDS
DO/ PURPOSE/
Why brands with a purpose do better and matter more.
David Hieatt
Range
How Generalists Triumph in a Specialized World
David Epstein
VIKTOR E. FRANKL
Man's Search For Meaning
GABOR MATÉ
In the Realm of HUNGRY GHOSTS
Close Encounters with ADDICTION
RADICAL HELP
HILARY COTTAM
SUSAN JEFFERS
Feel the fear and do it anyway
MAYA ANGELOU
I Know Why the Caged Bird Sings
The Book You Wish Your Parents Had Read (and Your Children Will be Glad That You Did)
Philippa Perry
Louise Hay
you can heal your life
CONVERSATIONS WITH GOD
Book Two
NEALE DONALD WALSCH
Atomic Habits
An Easy and Proven Way to Build Good Habits and Break Bad Ones
James Clear
Human kind
A Hopeful History
Rutger Bregman
UTOPIA FOR REALISTS
AND HOW WE CAN GET THERE
RUTGER BREGMAN
dopamine nation
Finding Balance in the Age of Indulgence
DR. ANNA LEMBKE
GRIT
Angela Duckworth
Winnie-the-Pooh
A.A. Milne
HARRY POTTER and the Philosopher's Stone
J.K. ROWLING
RITUALS
JIM CARREY
MEMOIRS AND MISINFORMATION
DANIEL COYLE
THE CULTURE CODE
THE SECRETS OF HIGHLY SUCCESSFUL GROUPS
HAPPIER
TAL BEN-SHAHAR, Ph.D.
A CURIOUS MIND
The SECRET to a BIGGER LIFE
BRIAN GRAZER
CHARLES FISHMAN
Steve Jobs by Walter Isaacson
ROBERT IGER
THE RIDE OF A LIFETIME
START WITH WHY
HOW GREAT LEADERS INSPIRE EVERYONE TO TAKE ACTION
SIMON SINEK
The Road Less Travelled
M. SCOTT PECK
The Ten Million Copy Bestseller
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THE NEW SCIENCE OF SELF-ACTUALIZATION
Scott Barry Kaufman, Ph.D.
DAWN FRENCH
Dear Fatty
The ALCHEMIST
PAULO COELHO
RACHEL CARSON
THE SENSE OF WONDER
Olins Brand book
TOOLS OF TITANS
TIM FERRISS



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Akumen

CPD CERTIFIED

00:15

REVEL IN YOUR ACHIEVEMENTS

*You are imperfect, you are wired for struggle …*
**Brené Brown**

Look back on your life. What have you achieved? Too often, we are so busy that, even when we achieve something or experience success, we don't take the time to appreciate that success – even for a minute. Instead, we move straight on to the next task or next item on the 'to do list'. It's important to take the time to wallow in the glory – even if it's a moment of quiet reflection and self-pride at a job well done.

From birth, human beings are clever little things. Our brain is the most complex and powerful computing system on the planet! The upside of this is, we learn a huge amount very quickly. The downside is that much of that learning is unfiltered or unquestioned, so we form beliefs about who we are and what we are capable of that are not necessarily true.

Instead of overthinking stuff and finding the negatives in what you've done, not done or said, take a minute to write down what you've achieved. If you find it hard to make a start, start with being born. If you were born in the 1890s, there was a 15 per cent chance you wouldn't have made it at all. Surviving birth is a major achievement in itself. You also learned how to crawl, talk, count, walk and sing before you even started school! If you just take a minute to think about it – you'll be amazed at what you have already achieved.

- Aimed at primary, entry level and ALN learners.
- 6-hours over six weeks.
- Mapped in line with all national curriculums.
- Person-centred exercises resources and delivery.
- Fully integrated online diagnostic and dashboard reporting.

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FULL FUEL

- Aimed at secondary, FE, HE learners and FUEL LITE graduates.
- 10-hours over five weeks.
- Monthly mentoring and coaching sessions.
- Fully integrated online diagnostic and dashboard reporting.
- Facilitated online or in person via Meee or Magic Makers.

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- Resourced for all FUEL LITE and FULL FUEL attendees.
- Individually personalised resources.
- ReFUEL app in development.
- Monthly hourly coaching sessions.

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Anxious
Different
Sad
Fun
Lazy
Introvert
Loner
Sporty
Alone
Enthusiastic
Unworthy
Weird
Happy
Stupid
Original
Creative
Lonely
Stressed

Happy
Creative
Honest
Me
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Sporty
Strong
Resilient
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https://vimeo.com/769409942/0c2713c52a


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# Our Solution The Future

Innovate UK



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# Digital Conversational Therapist

## Sian's Story

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim veniam, quis nostrud exercitation ullamco laboris nisi ut aliquip ex ea commodo consequat. Duis aute irure dolor in reprehenderit in voluptate velit esse cillum dolore eu fugiat nulla pariatur. Excepteur sint occaecat cupidatat non proident, sunt in culpa qui officia deserunt mollit anim id est laborum. Sed pulvinar proin gravida hendrerit. Integer eget aliquet nibh praesent tristique. Tempor orci eu lobortis elementum. Pellentesque habitant morbi tristique senectus et netus et malesuada. Sed adipiscing diam donec adipiscing tristique. Odio morbi quis commodo odio aenean sed. Sagittis eu volutpat odio facilisis mauris. In vitae turpis massa sed elementum tempus egestas sed sed. Viverra nibh cras pulvinar mattis numb.

## Emotional, cognitive & behavioural clinical Insights

## Hybrid AI – Text Analytics



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Recruitment
Resilience
Retention
Revenue
Responsibility
Reputation
Reward
Resources


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# We are standing on the shoulders of giants, and learning from the libraries of legends.

# Learning is a key part of what makes us human...

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# The issues offer us all an amazing opportunity to help all learners and educators Find, Live and Give the Magic that makes us all so wonderfully unique. And help shape education to be truly magical.


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# Thank you for listening…


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