



**“Data into action:
transforming young people’s
wellbeing through data”**

The Schools Health and Wellbeing Improvement Research Network (SHINE) aims to help **transform health and wellbeing outcomes** for young people in Scotland through **high quality, school-based health improvement research and data-driven innovation**.

The SHINE annual national network conference brings together SHINE schools and Local Authorities with health researchers and policymakers in education and health to share knowledge and good practice around using health and wellbeing data in schools to support improvements in pupil wellbeing.

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MRC/CSO Social and Public Health Sciences Unit



Medical
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Council



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University
of Glasgow

SHINE Virtual National Network Conference

2021

Thursday 18th November 2021
9.30am – 3.00pm

Data into action

Delegate
programme



Morning session

Keynote presentation

“Children and Young People’s Mental Health and Wellbeing Joint Delivery Board”

This presentation will provide an overview of the Children and Young People’s Mental Health and Wellbeing Joint Delivery Board, which is jointly chaired by the Scottish Government and COSLA.

Presented by Maggie Fallon, Head of Children, Young People and Families Unit, Improving Mental Health and Wellbeing , Scottish Government and Carolyn Wales, Senior Policy Adviser, Improving Mental Health and Wellbeing , Scottish Government, this session will provide an update on the work of the Joint Delivery Board so far, including the incorporation of the recovery plan, as well as sharing the vision for the way forward.



Scottish Government
Riaghaltas na h-Alba
gov.scot

Conference programme

09.30 – 09.35 (Zoom webinar)

Introduction to the day’s events

Dawn Haughton, SHINE Network Manager
MRC/CSO Social and Public Health Sciences
Unit, University of Glasgow

[Biography](#)

09.35 – 09.45 (Zoom Webinar)

Welcome address

Dr Jo Inchley, SHINE Lead & Reader
MRC/CSO Social and Public Health Sciences
Unit, University of Glasgow

[Biography](#)

09.45 -10.15 (Zoom Webinar)

Keynote presentation and Q & A

“Children and Young People’s Mental Health and Wellbeing Joint Delivery Board”

Maggie Fallon, Head of the Children and Families
Unit, Improving Mental Health and Wellbeing,
Scottish Government

Carolyn Wales, Senior Policy Adviser, Improving
Mental Health and Wellbeing, Scottish
Government

10.15 – 10.40 (Zoom Webinar)

Equally Safe at School – a whole school approach to preventing gender-based violence

This session will provide an overview of the Equally Safe at School project, the partnership between Rape Crisis and the University of Glasgow, and how the data collected so far in Scottish schools is shaping an intervention to prevent gender-based violence. Q & A

Professor Kirstin Mitchell
Equally Safe at School Project. MRC/CSO Social and Public Health Sciences Unit, University of Glasgow
[Biography](#)

Carolyn Blake
Equally Safe at School Project. MRC/CSO Social and Public Health Sciences Unit, University of Glasgow
[Biography](#)

Laura Wylie
Equally Safe at School Coordinator based at Rape Crisis Scotland. She is particularly passionate about amplifying the voices of minoritised young people affected by gender-based violence.

Kathryn Dawson
Sexual Violence Prevention Coordinator at Rape Crisis Scotland, where her role focuses on prevention work with young people, schools and colleges across Scotland. She has previously worked directly with survivors of GBV in Rape Crisis and other local women's organisations, and with young people as a sexual health group worker



**equally safe
at school**

a whole school approach to
preventing gender based violence

<https://www.equallysafeatschool.org.uk/>

Acknowledgements to the
wider ESAS team:

[Julie Riddell](#)
[Malachi Willis](#)



10.40 – 10.55

Break

10.55-11.35 (Zoom Webinar)

Supporting young people's engagement with HWB research

Part 1 – a PSE resource for schools

Clare Dolan, Recruitment Coordinator, Generation Scotland, Usher Institute, University of Edinburgh
<http://generationscotland.org>

Supporting young people's engagement with HWB research

Part 2 – SHINE interactive data dashboard – a Shiny app

Dr Andy Baxter
MRC/CSO Social and Public Health Sciences Unit, University of Glasgow
[Biography](#)

This session will introduce two new resources for teachers to use in schools with young people to support their understanding of health research, research methods and how to interact with and interpret health and wellbeing data. The resources are designed to empower young people to take part confidently in an evidence-based, whole school approach to supporting improvements in pupil wellbeing.
Q & A

11.35 – 12.00 (Zoom meeting)

Knowledge exchange workshop – breakout rooms

“Our school's HWB data sharing journey”

Meeting in smaller groups of about 6 people, this session will provide an opportunity to discuss the two new resources introduced in the previous session and share practice with colleagues from the SHINE network around the successes and challenges of using HWB data in Scottish schools.

12.00 – 12.20 (Microsoft Teams)

SHINE Development Officers – the journey so far

Please choose one of the parallel sessions below to hear more about the work of the SHINE Development Officers who are working part time with the SHINE team this year and part time in school.

A whole-school approach to using SHINE data in a secondary school setting

Kelly Craig
SHINE Development Officer at the SPHSU,
University of Glasgow & HWB Lead at Meldrum
Academy, Aberdeenshire

This session will provide an overview of Kelly's development of a whole school HWB working group to drive forward the implementation of the findings from the SHINE Mental Health survey. Kelly is exploring the role of the SHINE lead in facilitating partnerships and coordinating the SHINE model in a secondary school and beyond. There will be an opportunity for Q & A

Embedding a health and wellbeing data sharing model in a secondary setting

Lynn Alexander
SHINE Development Officer at the SPHSU,
University of Glasgow and Pastoral Support
teacher at Bannerman High School, Glasgow
City Council

This session will provide an overview of Lynn's work to introduce SHINE to a large secondary school and its learning community. The use of the SHINE Mental Health survey will allow Lynn to explore how best to share the findings with key stakeholders across the school community. There will be an opportunity for Q & A

Embedding the SHINE model in a primary school

Fiona MacDonald
SHINE Development Officer at the SPHSU,
University of Glasgow and Primary teacher at
Scotstoun Primary School, Glasgow City Council

This session will provide an overview of Fiona's work to introduce SHINE to a primary school setting and neighbouring cluster primary schools. Fiona is exploring how best to introduce and implement research findings and HWB data at all levels of a primary school setting to facilitate an understanding of how a variety of factors impact on health development. There will be an opportunity for Q & A.

Lunch 12.20 – 13.00



13.00 – 13.25 (Zoom Webinar)

Initial findings from the 2020-2021 SHINE Mental Health dataset

Judith Mabelis
Research Fellow, SHINE Team
MRC/CSO Social and Public Health Sciences Unit, University of Glasgow
[Biography](#)

In 2020 – 2021, over 19,500 Scottish pupils, completed the SHINE mental health survey. This session will provide an overview of what we have learned so far from the dataset and how the research team will use the data going forward to support improvements in young people’s mental health.

13.30 – 13.50 (Microsoft Teams)

Health research projects in schools – meet the researchers behind the data

Please choose one of the parallel sessions below to hear more about the work of health researchers working with young people’s health data or conducting research within a school setting. Q & A sessions will include invitations for participation in, feedback on and discussion of the projects.

Children’s Health in Care in Scotland (CHiCS): First population-wide evidence on the health of care experienced children

Dr Mirjam Allik
Research Fellow, Social and Public Health Sciences Unit, University of Glasgow

Overview of a study of the first population-wide evidence on the health outcomes of care experienced children compared to children in the general population.

Net4Health – social relationships, networks & adolescent health

Dr Mark McCann
Research Fellow, Social and Public Health Sciences Unit, University of Glasgow

Overview of a study of how social networks – both online and offline relationships - relate to health and wellbeing, and relational approaches to health improvement in schools. Opportunities to get involved will be discussed.

Digital support for young people with their mood and wellbeing’ study.

Dr Rhys Bevan-Jones
Senior Clinical Research Fellow, Child & Adolescent Psychiatry Section, Cardiff University

Overview of a study to develop further and trial a website and app (‘MoodHwb’) to support young people in schools, mental health services and other settings in Scotland and Wales.

Afternoon session

Effects of mental health stigma and literacy on adolescent help-seeking

Dr Claire Goodfellow
ESRC Postdoctoral Fellow, Social & Public Health Sciences Unit, University of Glasgow.

Overview of a study on how perceived stigma from key groups can impact on help-seeking intention among adolescents. Implications for school-based mental health promotion and further development in rural settings will be discussed.

13.55 – 14.20

SHINE Case Studies – data into action: implementing the SHINE data in a variety of educational settings (Microsoft Teams)

Please choose one of the parallel sessions below to hear about SHINE Case Studies from members of the SHINE network implementing the SHINE Mental Health data in educational settings across Scotland

A SHINE Local Authority Case Study	A SHINE School-level Case Study	A SHINE Cluster Primary level Case Study
<p>Louise Stean Our Minds Matter Lead Fife Council</p> <p>Case study of a whole Local Authority SHINE approach, where the SHINE mental health survey was used with all P7, S2 and S4 pupils resulting in school-level, primary cluster groups and Local Authority data reports</p>	<p>Donna Polson Headteacher, Airyhall School Aberdeen City Council</p> <p>Case study of a whole school approach to sharing the SHINE mental health data report with key stakeholders across the learning community to inform tracking, monitoring and improvement planning</p>	<p>Julie Bell, DHT, Whitdale Primary School Lisa Moore, Local Authority HWB Lead West Lothian Council</p> <p>Case study of a whole school approach to using both school-level and cluster primary-level SHINE mental health data reports with key stakeholders across the learning community to inform improvement planning.</p>

14.25 – 14.50 (Zoom Webinar)

Changing Faces: the UK's leading charity supporting people with a visible difference



Angela Harris Head of Scotland, Changing Faces
Susan Ross Head of Education and Learning, Changing Faces

www.changingfaces.org.uk

This session will showcase the work of Changing Faces, the UK's leading charity supporting people with a visible difference. Research data shows that negativity around body image and appearance is an increasingly significant factor impacting young people's mental health. Changing Faces will share their experience of working to support people with a visible difference and the free resources which can be accessed by schools.

14.50 – 15.00 Plenary and Close

Dawn Haughton, SHINE Network Manager



MRC/CSO Social and Public Health Sciences Unit



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