

British WISE™

Wellbeing in Schools Evaluation™



Complete Package™

2007

If we wish to improve social and emotional wellbeing in any child, then we need to have a reliable and effective means of evaluating and recording the ongoing development of social and emotional wellbeing within that child.

Dr Helen Street, 2003

We need to understand the facts of mental health if we are to effectively address the issue of mental health. If we do not get the facts, the facts will certainly get us.

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The Complete Package™

Introduction

The Complete Package™ (CP) offers your school a detailed overview of all students' wellbeing and the mental health status within the school environment.

We provide a comprehensive report detailing students' levels of

1. positive social behaviour,
2. emotional disorders (depression and/or anxiety),
3. conduct disorders,
4. hyperactivity and inattention,
5. bullying and aggression,
6. level of school satisfaction.

All findings are compared to established UK norms providing you with valuable information about the status of mental health within your school.

The British WISE Complete Package™ (CP) is a valid and reliable social and psychological evaluation package for schools. It is effective because it relies on hard data. Hard data cannot be argued with, rather it can be used to objectively and positively reduce distress and improve wellbeing in all children in a school environment.

The British WISE Complete Package (CP) provides a comprehensive, affordable means of assessing mental health within your school.

Need

Schools cannot afford to be complacent about mental health assessment

Positive Social Behaviour (pro-social behaviour). It has been shown that pro-social behaviour has positive outcomes on achieving success and satisfaction, social competence and academic ability

Bullying is a major problem for schools, affecting a substantial portion of the school population. Frequent teasing during childhood is associated with increased detachment, distrust, anxiety, and poor self-esteem.

Depression leads to sadness and hopelessness in addition to the deterioration of schoolwork. The

outcomes of childhood depression include a three-fold increase in suicide attempts, as well as a two-to-three fold increase in adult anxiety or depressive disorders.

Anxiety disorders, including Separation Anxiety, are one of the most common psychiatric disorders seen in children, with the prevalence in the community being up to 18%. Anxiety symptoms can interfere with the development of self-esteem and peer relationships, and later developmental stages can be affected.

Social and behavioural problems in children and adolescents have been found to have negative consequences in adulthood and lead to many adult mental health problems. Social behavioural problems in adulthood have a negative impact on the individual and society.

School satisfaction is important. The classroom experience is an important factor in child development

Price

The CP is comprehensive and affordable

In most cases the British WISE CP will cost you **less than £1 per student**.

- For a school of 51 to 500 students the CP costs **£480 for ALL students**.

Price includes a detailed assessment of mental health for every student, a comprehensive report discussing the results of the analyses and a separate confidential list of all high risk students.

Please see price list and order form for a complete list of all British WISE prices.

Inclusion of all

The CP assesses all children

Although teachers are adept at identifying some students with mental health problems, **many other vulnerable children are overlooked**.

It is far harder to identify a quiet anxious child than a disruptive one.

It may be possible to identify some students with depressive symptoms but our research shows that many are overlooked. Yet, depression is the major cause of suicide.

Schools need objective, reliable means for assessing mental health in all students. Mental health is too important an issue to be addressed with anecdotal feedback and subjective reporting. Mental health programs are too costly to be implemented without assessment of their ongoing effectiveness

In modern society parents and the community look to schools to accurately assess and evaluate mental health in children and adolescents

All too often we hear about the increasing rates of depression and anxiety within modern western society. We read well researched articles telling us about the growing number of children and adolescents with behavioural problems, emotional problems and social problems. In the fast paced 21st century parents and teachers across the world increasingly recognise the importance of developing wellbeing and resilience among all children.

Measures

The CP uses comprehensive measures of mental health

The CP uses a number of well validated and reliable measures to assess wellbeing and common psychological disorders in children and adolescents. Each of the measures used is internationally established.

PRIMARY SCHOOLS Teachers answer questions about children's prosocial behaviour, emotional difficulties (primarily depression and anxiety), conduct difficulties, hyperactivity and inattention. The children answer questions about bullying, aggression, school satisfaction, separation anxiety, social phobia and general anxiety, depending on their age and ability.

Primary School Questionnaires assess:

- ✓ Observed positive social behaviour in all children
- ✓ Observed emotional difficulties (primarily anxiety and depression) in all children
- ✓ Observed conduct difficulties in all children

- ✓ Observed hyperactivity and inattention in all children
- ✓ Perceptions of bullying and aggression by others in all children
- ✓ Self reported social anxiety, social phobia and general anxiety in children in year four to seven
- ✓ Self reported school satisfaction

- ✓ Self reported depression and general unhappiness in all students
- ✓ Self reported school satisfaction

Descriptions of all constructs corresponding to the assessment measures are described in detail on the British WISE website

SECONDARY SCHOOLS Teachers of secondary school students answer questions about student's positive social behaviour, emotional difficulties, conduct difficulties, hyperactivity and inattention. Students answer questions about bullying, aggression, unhappiness depression and school satisfaction.

Process

The CP is simple to conduct

You follow the British WISE Seven Step Process™ as detailed on our web site, and again here in this leaflet. All students and staff complete established mental health questionnaires. Data is then analysed by us and you are provided with a comprehensive report plus a separate confidential list of vulnerable students.

Secondary school Questionnaires assess:

- ✓ Observed positive social behaviour in all children
- ✓ Observed emotional difficulties (primarily anxiety and depression) in all students
- ✓ Observed conduct difficulties in all students
- ✓ Observed hyperactivity and inattention in all students
- ✓ Perceptions of bullying and aggression by others in all students

The Seven Step Process (CP)

1. Use the order form in this leaflet or download an order form from our website www.britishwise.co.uk. Send your completed order form to the address shown with a cheque for the required sum (For example, £480 for up to 500 children, £640 for 501 – 1000

children) or email it to us with a request for a tax invoice to be paid upon receipt of materials.

2. We send you templates for all your questionnaires via email. If you have additional queries or specific requests you can easily contact Helen or Neil via the British WISE enquiry email line (enquiries@britishwise.co.uk) or by telephone on 01603 890778.

3. You are provided with easy-to-read **guidelines** to help you through the process of data collection. Print or photocopy your questionnaires directly from the templates. This means you can control the numbers of questionnaires needed and always be sure you have enough copies for all staff and students. Staff complete questionnaires for each child in their class. All questionnaires have been designed with the time pressures of teaching in mind and thus each takes under five minutes to complete. Each child also completes their own questionnaire. Younger children can be encouraged with additional guidance for each question; however, they should not need more than ten minutes to complete all questions. Older children can complete their more detailed questionnaires in ten – twenty minutes.

4. A specially prepared Excel spreadsheet is provided for your data entry. This can be completed in under 10 hours of employee time for an average sized school. **Please note:** We have designed the seven step process to ensure that British WISE offers an affordable assessment service for your school. If you would like additional help and support with data collection and/or data entry we are happy to arrange this for you.

5. Email your completed spreadsheet to British WISE at your convenience.

6. Analyses of all data is then personally completed by Dr. Helen Street. Your school's data is checked for accuracy, reliability and completeness. It is then analysed in detail using the latest statistical software.

7. Your school is provided with FULL DETAILED REPORT in addition to a confidential list of students indicating clinical levels of mental health problems for each of the constructs assessed. The final report and high risk list is emailed to a designated contact in confidence four to six weeks from receipt of your completed data entry sheet.

Order

Placing an Order

Please complete a copy of the British WISE order form, found at the back of this leaflet, or on our website. Send or email your completed order form to British WISE. We send you all materials, guidelines for data collection and completion, and an invoice for the total amount due.

Experienced teachers understand the dangers of relying on unsubstantiated information to judge something as important as our children's happiness. Anecdotal feedback is useful but cannot be relied on to assess mental health or prevent distress.

The British <i>WISE</i> COMPLETE PACKAGE™ (CP)	The British <i>WISE</i> HIGH RISK PACKAGE™ (HRP)
<p>Includes:</p> <ul style="list-style-type: none"> ✓ Templates of all measures <ul style="list-style-type: none"> ○ Pro-Social behaviour ○ Bullying ○ Aggression ○ Conduct disorders ○ Emotional Disorders ○ Hyperactivity/inattention ○ Social Phobia (primary schools) ○ Separation Anxiety (primary schools) ○ General Anxiety (primary schools) ○ Depression (including vulnerability to depression) (secondary schools) ✓ Spreadsheet for data entry ✓ Instruction sheet and guidelines for data collection and entry ✓ Data checking and ALL analyses ✓ Completion and delivery of FINAL COMPREHENSIVE REPORT and details of high risk students ✓ Additional support and discussion via phone and email (as required) <p>We also recommend the inclusion of an additional school satisfaction scale</p>	<p>Includes:</p> <ul style="list-style-type: none"> ✓ Templates of all measures <ul style="list-style-type: none"> ○ Bullying ○ Aggression ○ Conduct disorders ○ Emotional Disorders ○ Hyperactivity/inattention ○ Social Phobia (primary schools) ○ Separation Anxiety (primary schools) ○ General Anxiety (primary schools) ○ Depression (including vulnerability to depression) (secondary schools) ✓ Spreadsheet for data entry ✓ Instruction sheet and guidelines for data collection and entry ✓ Data checking and ALL analyses ✓ Completion and delivery of DETAILS OF ALL HIGH RISK STUDENTS ✓ Additional support and discussion via phone and email (as required)

British WISE™ (*wellbeing in schools evaluation*)

7 St Marys Close, Horsham St Faith, Norwich, NR10 5HP

Price List and Order Form (British WISE™ 2007)

School/Institution _____

Primary/Secondary _____

Contact Name _____

Address _____

Town/City _____ County _____ Postcode _____

Phone _____ Email _____

No. Students	Item	Price *	Quantity	AMOUNT
0 - 50	British WISE COMPLETE PACKAGE and school satisfaction scale	Price on enquiry		
51 - 500	British WISE COMPLETE PACKAGE	£480		
0 - 500	British WISE (additional) school satisfaction scale	£40		
0 - 500	British WISE Complete Package	£195		
501 - 1000	British WISE COMPLETE PACKAGE	£640		
501 - 1000	British WISE (additional) school satisfaction scale	£80		
501 - 1000	British WISE Complete Package	£345		
1001 - 1500	British WISE COMPLETE PACKAGE	£800		
1001 - 1500	British WISE (additional) school satisfaction scale	£120		
No. Students	Item	Price *	Quantity	AMOUNT

1001 - 1500	British WISE Complete Package	£495		
1501 - 2000	British WISE COMPLETE PACKAGE	£960		
1501 - 2000	British WISE (additional) school satisfaction scale	£160		
1501 - 2000	British WISE Complete Package	£645		
2001 +	British WISE COMPLETE PACKAGE and school satisfaction scale	Price on enquiry		
0 – 2000+	British WISE individual measures ✓ Pro-Social behaviour ✓ Bullying ✓ Aggression ✓ Conduct disorders ✓ Emotional Disorders ✓ Hyperactivity/inattention ✓ Social Phobia ✓ Separation Anxiety ✓ General Anxiety ✓ Depression (including vulnerability to depression) ✓ School satisfaction scale	Price on enquiry		
0 – 2000+	Specific Requests (e.g. comparisons between specific groups and/or additional measures)	Price on enquiry		
	TOTAL			£ _____

Method of Payment

___ Cheque or Money order made payable to Dr Helen Street, enclosed with this order

___ Order Number _____ (Goods will be shipped with a tax invoice)

Contact Details

British WISE

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Horsham St Faith
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