# Frequently Asked Questions



**Mind Blank**

# Organisation Insights

**Mission,**
We empower people to build skills and promote mental wellbeing
in schools, workplaces, and communities.

**Vision**
We are committed to being recognised as a world leader in the delivery of prevention and early
intervention mental health strategies.

**Values**
Creativity
Commitment
Mindfulness
Integrity
Community

# Frequently Asked Questions

**Are there any additional costs that I need to be aware of?**

·Travel costs apply for areas 80km outside of Sydney, Brisbane, Melbourne and Canberra (ACT) CBD.

**How many can attend a Performance?**

·Maximum audience size of our performances is 150. There are no min numbers.

**How many can attend a workshop?**

·Maximum audience size 30. There are no min numbers.

**How many events can I book in a day?**

·Max 3. A min 30mins is needed to be scheduled in between sessions.

**What is the duration of a Mind Blank performance/workshop?**

·High School: 1-2hrs

**What are Mind Blank's requirements for a performance?**

·Venue for performance: Halls, classrooms etc. Strictly no Gyms

·Access to performance venue: 1hr prior to performance start time

·3 x mic to be supplied if audience size exceeds 100

·All students/audience must be seated

·Students to be kept orderly during the performance

·Ideally, a school counsellor/social worker to be present at the performance

·Time given to hand out evaluation surveys to students and teachers for completion on the day.

**What workshop topics do you cover?**

Please refer to the website for updated information on this question. Or call our team on 0468912399. We can also design new scripts according to the need.
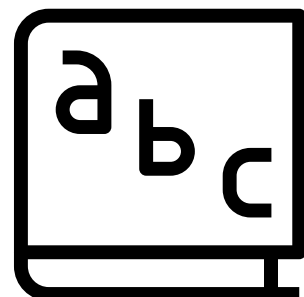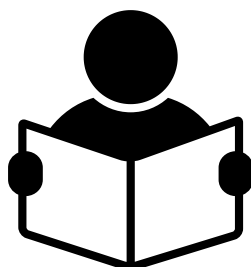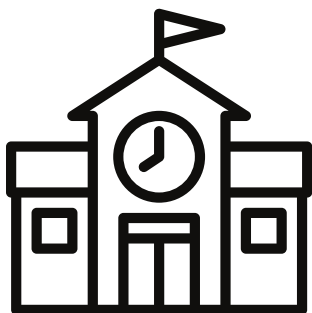
# Frequently Asked Questions

**How does a Mind Blank performance fit into the school curriculum?**

The Mind Blank model fits in with the Australian Curriculum mainly through the PDHPE & Drama/arts curriculum. Our programs are designed to enhance social skills and reflect functioning in children and young people.

Personal and social skills that we encourage as part of our program include:

- Self- Awareness - we encourage recognising and regulating emotions by guiding the students to empathise with the protagonists storyline.
- Self - Management - the program facilitator will guide the students to ask questions as to how they would behave differently if they were a bystander in the scenarios presented in the script. This challenges them to show initiative and be adaptive to the scenario changes.
- Social Awareness - we help the students to understand relationships with others. For example, we follow the main character home in which she hesitates to share with her parents what is happening. The moral lesson we wrap up the scene with rationalises that other people cannot read your mind, and so there is a need to tell people in your life what is going on if you need help.
- Social Management - Mind Blank programs invite the entire year group to participate in the workshop as it is a collaborative effort to come up with the solutions on stage.

**Are your programs evidence based?**

Yes please click here to find research on the Mind Blank program.

https://workdrive.zohoexternal.com/file/hsd82253c2535e7f64777a889f97fe32 39234
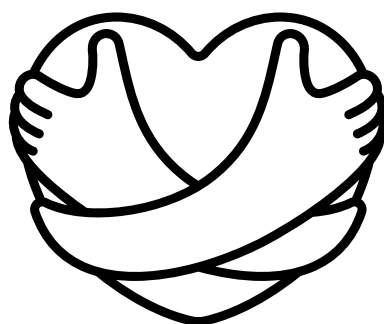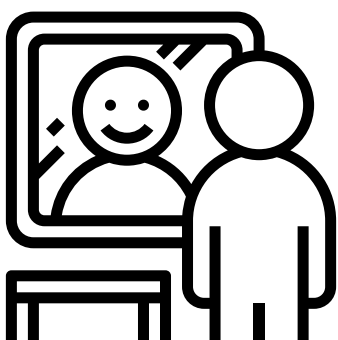
# Frequently Asked Questions

**Is your program endorsed by the Department of Education?**

No, however we have worked with the department of education many times. We work alongside health services and follow best practices.

We have been endorsed by the eSaftey Commissioner as an eSaftey Provider Program https://www.esafety.gov.au/educators/trusted-providers

**Are you aware of Be You?**

Yes, you will find our programs linked via this link: https://beyou.edu.au/resources/programs-directory/m/mind-blank-for-schools

**Are your programs appropriate for CALD Youths?**

Yes, our programs can be tailored to meet the need of CALD youths. For many years we have been operating in the Western/South West Sydney areas and can cater for varying cultural needs.

**Can your programs be adapted to support First Nations youths and communities?**

Yes our programs can be tailored to meet the need of Aboriginal Torres Strait Islander youths. We have engaged with a youth reference group to work with young people to support culturally adaptive programs. Our program collaborations in this space have won a mental health services award. https://www.themhs.org/2019-themhs-awards-gallery/

**What year groups can you present to?**

Age 10-Adults. We are very aware that age matters when it comes to discussing certain topics surrounding mental health. We work hard to ensure that our content is age-appropriate, and that all measures are put in place to ensure participants aren't overwhelmed.

# Frequently Asked Questions

**How do we avoid triggering young people?**

Before the workshop, we disclose exactly what type of content the audience will be experiencing, and collect consent forms when applicable. We also provide post-performance letters for parents, including a list of questions to continue the discussion at home.

During our school performances, we point out where the teachers and support staff are in the room, to ensure students receive adequate care if they are affected by any of the issues mentioned in the workshop.

Upon leaving the event, audience members are given a 'crisis card' with national helpline numbers, along with a QR code which provides local information tailored to your specific area.

**How do we support mental health best practice in our programs?**

Mind Blank is guided by best practice. We use mental health consumers that are included in the planning phases of all our programs. This commences with identifying a story of lived experience with mental ill health. Commonly what will happen is an individual is selected to share their story with one of the actors (many who come from a place of lived experience). The selection process is commonly through a partnership with the local health district or a school. This story is turned into a stage script. The actors then host a rehearsal session with health professionals present to ensure that the team are capturing true integrity of the story, as well as avoiding portraying stereotypes to encourage authenticity of the lived experience. Policies to create programs follow a Do No Harm framework as well as practical guidelines outlined by Mindframe.

**We already have lived experience speakers come in to talk to our students, do we really need your program too?**

Fantastic to hear you are committed to helping support your students. We find each student learns in different modalities. Some may find guest speakers supportive to engage from. The more you can support early intervention actions, the more we can smash the stigmas involved.

# Frequently Asked Questions

**There was a recent suicide at my school. Is this the right time to get you in?**

We have successfully been able to support school groups and communities that have been in this situation. Communities have found it helpful to get our team in to support the remaining students to support self-care help-seeking messages.

We have honestly found that audiences who may be impacted by a recent suicide to be receptive to the program and willing to discuss core messages in the stories. It is important that you let our team know what the students have gone through and provide additional support to those who may be higher risk in the class room.

We recommend that you follow your own school governance and implement the Headspace for schools program before our team arrives.

**Do you have to mention the word suicide?**

No we do not have to mention suicide, however, we do recommend that we do in order to help reduce any stigmas involved. Typically if suicide is mentioned in the program it will be once at the start where the facilitator mentions the character feels like they have hit rock bottom. We do not stage it. We then turn the story around to empower the students to talk about actions steps to help the character make better choices.

Our team has over 10 years experience hosting this conversations and are knowledgeable in knowing how to turn a conversation around if it is not helpful to the program.
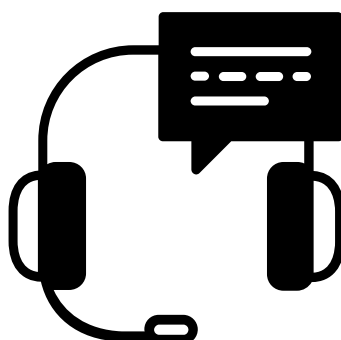
Creatively committed to mental health education with mindfulness and integrity.