

Small Nose

...Small Change C.I.C.

Company No: 12295122

I Had a *Black Dog*... his name was *depression*

By Matthew Johnstone



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▣▣ A series of new, practical and co-produced workshops delivered throughout one academic year that explore the subject of anxiety and depression to seek and find new and unfound approaches to Mental Well-being. These workshops support a whole school approach and are student / teacher led both as individuals and as a part of a collective group or community. This package also includes ideas for wider reach and parent involvement. This unique education and delivery is proudly led by the book and performance production '*I Had a Black Dog...his name was depression.*' ▣▣

This educational package has been produced based on the book '*I Had a Black Dog...his name was depression...*' by Matthew Johnstone – which is on the NHS clinical reading list. It has been researched and developed with the NHS Recovery College Cambridge and Peterborough (service users and service providers), but is NOT a clinical workshop. It was delivered in a pilot delivery at *Hampton College, Peterborough*. where there were...

70 PARTICIPANTS in YEAR 10 plus 2 TEACHERS

WHEN ASKED:

▣▣ Has this workshop been helpful in offering you some good ideas that will help you in the way you approach your **Mental Health** and maintain a positive **Mental Wellbeing**? ▣▣



TEACHER COMMENTS:

▣▣ Very powerful stuff! Putting students in front of an audience and putting them in a situation where they are aware of what their body language is giving to others was magical. Mindfulness, generosity, anxiety all rolled into one! A very vulnerable and yet powerful and place for extraordinary learning to take place. ▣▣

THE DESIRED JOURNEY MODEL OR STRUCTURE WILL INCLUDE:

'I Had a Black Dog...his name was depression' performance production, Q+A and meet and greet for an invited audience of teachers, support staff and parents.

Teacher CPD – A practical workshop looking at ways of embedding this work into existing cultures of practice.

Parent Workshop – A practical workshop looking at the work being carried out and offering ways parents can support the learning-taking place.

Whole Year Group - Taking the Dog for a Walk! - An awareness day beginning with a mini performance then splitting into **two workshops**:

WORKSHOP ONE

What is the Black Dog?

Aim: To identify what (anxiety and) depression is.

Consultancy Group – Working with a target group identified by the school as having low aspiration, poor mental health or depression, we will engage in many sessions to build an in-school Mental Health Consultancy. The schedule for delivery of these sessions will be negotiated with each school, each target group and their parents. Each session will be bespoke and tailored to the group as they embark on a journey to re-ignite their aspirational ideas. The academic year will be littered with chances for sharing and this work will culminate at the end of year ONE (July 2020) when the group delivers an in-school Mental Health Awareness Day or sharing.

WORKSHOP TWO

Taking the Dog for a Walk.

Aim: To discover ways in which we can prepare for its arrival.



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THE JOURNEY...

... begins by using the book and production '*I Had a Black Dog...his name was depression*' as a starting point for provocation and a unified reference that will open the door for practical and discussion led sharing and learning.

Venue – QUAY PLACE (MIND)

Audience – Teachers, support staff and parents

THE PRODUCTION...

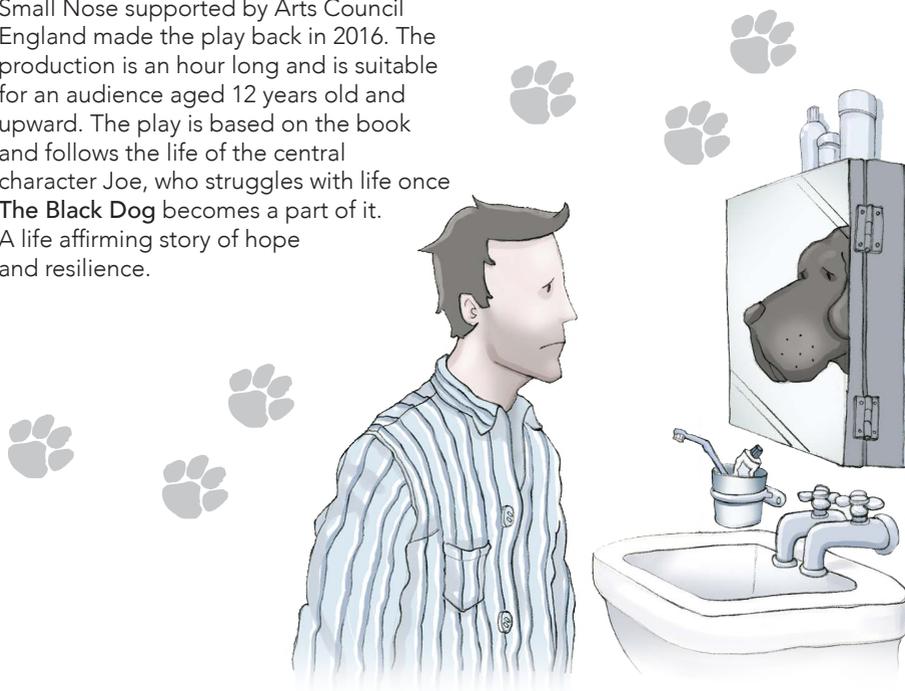
Small Nose supported by Arts Council England made the play back in 2016. The production is an hour long and is suitable for an audience aged 12 years old and upward. The play is based on the book and follows the life of the central character Joe, who struggles with life once *The Black Dog* becomes a part of it. A life affirming story of hope and resilience.

THE BOOK...

Matthew Johnstone / Little Brown

This work has been supported by Mr. Johnstone (author of the book), The Black Dog Tribe Mental Health Organisation (Australia), publishers Pan Macmillan (Australia) and Little Brown (UK).

Little Brown has supplied this project with over 200 copies of the book.



WHOLE SCHOOL APPROACH

- Embedded into existing cultures of practise. Teacher CPD.

In these CPD sessions we will look at:

- > The essence of being open, leading to critical and creative thinking.
- > The journey from 'OPEN' to 'CLOSED' thinking. And the trajectory of thought.
- > A small nose – praxis.
- > Transferable skills – or – take a ways that can be embedded into your delivery.

PARENT WORKSHOP

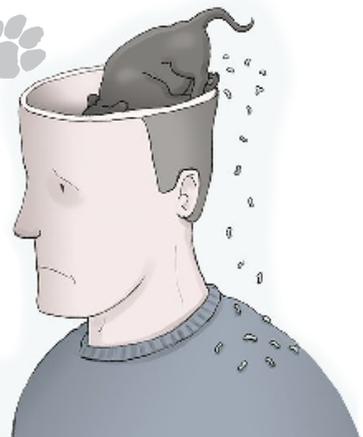
Participating schools are asked to invite parents to a practical workshop delivered in a school setting. From here the company will engage parents, introducing them to the work and offering ways in which parents can support the learning taking place. This workshop is aiming to enable the beginning of a conversation with parents about:

- > Ways they can stay in touch with and be involved with the work.
- > Their thoughts on MH.
- > Creating pathways for parents to offer feedback, observations, input, insight and concerns during the journey.

IN SCHOOL

This 10min comedy standup is designed to provoke and challenge audience perception about '*The Black Dog of Depression.*'

It introduces key themes that participants will encounter throughout the day and shows that the '*Black Dog*' does not discriminate.



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THE MONOLOGUE ...

... touches on these key themes that will be covered in more detail in the workshops. These themes are:

- > The perception of identity – (Masculine – Feminine)
- > Labeling
- > Wealth v's Value
- > Need v's Want
- > Consumption – Pleasure Principle
- > Open, closed, growth and fixed mindsets
- > Influence
- > Manipulation
- > Small change...
- > Building character
- > Resilience
- > Empowerment to take responsibility
- > See the light, search for the light...
- > Mindfulness 'Being in the now'
- > Support
- > Awareness of challenges
- > Identifying the ultimate challenge or catastrophic event!
- > The truth about confidence – who is driving your car

The workshops will also takes steps towards participant's re-engagement with their Aspirational ideas...or dreams.

- > C.B.A – (Can't be arsed...)
- > C.B.A – (Conceive, Believe, Achieve!)
- > Beauty
- > Happiness or Wellbeing
- > The skill of being in the loop! Or pass the ball...

THE WORKSHOPS

WORKSHOP ONE

What is 'The Black Dog'?

In this experiential workshop the young people will be introduced to and safely explore the subject of anxiety and depression. In this workshop they will;

- > **1.** Encounter several practical exercises that are designed to produce social anxiety for a powerful learning experience.
- > **2.** Engage in practical activities that will teach us exactly what 'The Black Dog' (Depression) is, and where it breeds from anxiety).
- > **3.** Engage in practical activities that will look at the many contributing factors as to why the black dog might arrive in our lives.
- > **4.** Engage in activities that will aim to identify and make visible the signs anxiety.
- > **5.** Engage in discussion and reflection based on the session's discoveries.



“THIS JOURNEY IS STRUCTURED...”

WORKSHOP TWO

‘Taking the Dog for a Walk’

From here participants (young people and teachers) will:

- > Highlight problems with current approaches to MH
- > Explore different way in which we might challenge and change this behaviour.
- > Develop critical and creative ways of thinking.
- > Engage in, explore, discuss and practise mindfulness in more detail.
- > Explore the idea neurological pathways.
- > Learn the equation **E + R = O (Event + Response = Outcome)**.

In the final part of this workshop participants will:

- > Engage in exercises that will help them to control their thinking.
- > Engage in activities that build positive MH by building new neurological pathways.
- > Build their own sense of resilience, opening the door and strengthening their attachment to aspirational ideas.
- > Recognise that this journey will help nurture opportunity in fulfilling their dreams.

FROM HERE:

We now move to working with a target group who will become Mental Health Ambassadors / Consultancy Group for their school and community. We will engage with this group in a series of in-school and after school clubs, workshops and activities that look at the varying different forms of ‘**Black Dog**’ and discover new ways to manage and walk the dog safely. In these workshops / activities and using ‘**I Had a Black Dog...**’ as a resource for reference we will:

- > Begin the journey of planning a MH consultancy group for their school.
- > Research and develop knowledge about the varying types of Black Dog.
- > Explore and discover ways that the Black Dog can be managed.
- > Engage in scenarios, resources, conversations and bespoke sessions and visits where we can create strategies to keep the black dog on a lead!
- > Create way to share the journey with the rest of school.

Towards the end of the journey we will enable this group to:

- > Re-engage and attach to their aspirational ideas.
- > Develop new confidence.
- > Develop plans of action taking them towards their dreams.

EVALUATION

We are working closely with Innovation Bridge – Suffolk University to create a realistic measurement for this project and it's social impact. Our early forms of accumulating evaluative data are:

The Post it Wall

Quick fire one word or mantra driven spontaneous feedback based on the days delivery.

Following Day

The form tutors are given a hand out evaluation to be filled in during form time the following day that is to be collected and passed back to the delivery team.

Teacher observations

During the workshop teachers are given a specific roll that is in - keeping with 'a whole school approach.' They are given a handout and asked to write down moments where they see the five

ways to wellbeing as outlined by NHS England.

Tracking of social anxiety

One of the activities enables us to track social anxiety throughout the workshop bringing it to the forefront of our collective thinking. The informal nature and style of the Small Nose delivery enables lots of moments for highlighting the action as it happens creating space for mindfulness, group reflection and discussion based on observation.

Sound Bites – Film

During the lunchtime period, several young people (chosen at random) will be asked to pop into

our sound bite tent to record their thoughts on the day's delivery. These short clips and sound bites will be edited together to make a film.

Online

At the Small Nose website we will create a page that has three specific questions regarding mental wellbeing that are inline desired outcomes for the day. All participants will be given a handout badge / pen that has the website details and asked to go online to complete the survey.

“ VISION WITHOUT ACTION IS JUST A DREAM ”

And finally...The student led event...the bit on the end. The emphasis here is celebration and reflection. The process is the product!

SMALL NOSE is currently writing applications for funding to deliver all aspects of this project.

We are in discussions with potential partners and at beginning conversations for schools to buy in.

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Together we can tame the beast!

To start a conversation with us please contact:

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Or

Mark Straw mark@communitypraxis.com



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