

# *Investigation on the Status Quo of Mental Health Education in Baoji City and Feasible Suggestions*

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**Abstract:** Through the investigation of schools in 13 counties and districts of the city, the overall mental health education work in our city is further understood, including hardware configuration, teacher team construction and mental health curriculum development, and the current situation is summarized and feasibility suggestions are analyzed.

## 1. Introduction

Recently, some primary and secondary school students have been tired of learning, depressed mood and even adverse extreme events. In order to enhance the awareness of principals, teachers and class teachers of primary and secondary schools in 13 counties of Baoji City on the importance of students' mental health education, update the concept of mental health education, and improve the teaching ability and level of mental health education, to promote mental health education teachers to better play a leading role in strengthening and improving moral education in primary and secondary schools, comprehensively implementing quality education and promoting the reform of basic education. The Municipal Education Bureau organized and carried out a comprehensive investigation of mental health education in 13 counties and districts of the city. It mainly includes inviting four full-time mental health education teachers (three of whom are from primary school, junior high school and senior high school) to teach the importance of popularizing primary and secondary school mental health education in all counties and the problems that need attention in the process of carrying out mental health education in schools. Four full-time teachers combined with the current new concept of mental health education and the experience and experience in the practice of mental health education to give the specific ways and methods of school mental health education work, these methods are not only scientific but also operable. This is not only in ideology to the county district primary and secondary schools. School administrators and teachers sounded an alarm bell, which can be enough to arouse their attention, and at the same time, it also pointed out ways and methods that can reduce or avoid extreme events in primary and secondary school students. This not only sounded an alarm for the administrators and teachers of primary and secondary schools in various counties and districts in terms of ideology, which can be enough to arouse their attention, but also pointed out ways and methods to reduce or avoid extreme events among primary and secondary school students.

Through collecting information and visiting some schools, we now have a more comprehensive

grasp of the actual situation of mental health education in our city.

## **2. The status quo of mental health education in our city is worthy of affirmation**

### **2.1. The importance of leaders has been continuously improved**

With the development of society, students' psychological problems have become increasingly prominent. School leaders have gradually increased their awareness of the importance of mental health. Employing external experts in mental health education into the campus, establishing professional teams, and conducting professional training have become important ways to improve the professional level of mental health education. Weibin District, Fengxiang County, Qishan County, Qianyang County, Linyou County have organized systematic professional psychological training, high and new high school has carried out relatively complete and systematic professional psychological training for all class teachers.

### **2.2. Consulting room construction started at a high level**

Through the collection of data in 13 counties, the expert group found that whether it is a primary school in mountainous county or a junior high school in Pingyuan County, or even the psychological counseling room in urban schools are independent offices, and a considerable number of schools have purchased professional equipment such as sand tables, relaxation chairs, and cathartic rubber people, laying the basic hardware foundation for the effective implementation of mental health education. Some schools have improved the construction of counseling rooms and built psychological counseling rooms with complete functional departments and complete equipment. Such as Jinling Middle School, Weibin Middle School, Famen High School, Yanji Primary School, Longxian West Street Primary School. The construction of consulting room in high school and middle school is the best, followed by primary school.

### **2.3. The role of the head teacher has played an obvious role**

It has become a consensus that the class teacher is the main force in mental health education. The class teacher has the following advantages: On the one hand, the class teacher is familiar with and understands the students' temperament, emotional state and personality characteristics, especially students with abnormal behaviors. In fact, the class teacher only needs a little Pay attention and it will be the first time to find out; On the other hand, when people are in mental health education or psychological counseling, if they can maintain smooth contact and cooperation with parents and teachers of all subjects, it is more convenient and effective for the relief and growth of students' problems. Most of the school class teachers attach importance to the psychological counseling of students, can communicate with students in a timely manner before and after the exam, interpersonal relationship setbacks and other key nodes, relieve students' psychological pressure, relieve psychological distress, and hold the first line of mental health and safety. The effective development of the class meeting on psychological theme led by the class teacher can help the students solve the common psychological troubles in time, and also become an important part of the school mental health work.

### **2.4. Innovative promotion of mental health education activities**

Each school can carry out innovative mental health work in combination with the actual situation of the school's teachers, equipment, and students, and find out a number of distinctive ways of

mental health education. For example, some schools regularly issue psychological barometers, which are filled in and handed in by class cadres to timely grasp the psychological dynamics of students; Some schools use activity carriers (such as fun sports games, outdoor activities, etc.) to carry out mental health education activities; Some schools publicize mental health knowledge in time by printing psychological tabloid, psychological leaflets, making publicity pages and other ways; Some schools passed Family hotline, family talk bar and other close parent-child links to reduce the incidence of psychological distress of left-behind children; Fengxiang County has set up an alliance of psychological counselors to regularly support mental health education in schools and make up for the shortage of professional teachers.

## **2.5. School-based textbook development some schools take the lead**

Developing school-based teaching materials for mental health education is the basis for carrying out mental health education in combination with the actual situation of school students to the greatest extent. The survey found that some schools have carried out a good exploration and demonstration in this respect. For example, Qishan Chengguan Primary School "mental health education", Jinling Middle School "Flower season heart", Gaoxin third Primary School "Wings of the child", Jinling Primary School "Heart", Chencang experimental primary School "Mental health education school-based textbooks", Chencang High School "high school mental health education self-reading"

## **2.6. Professional teachers occupy a certain proportion of mental health teachers**

Some schools attach importance to the specialization of mental health teachers, and employ teachers with professional educational background or have received systematic training and obtained national consultant certificates as professional (and part-time) psychological teachers to carry out corresponding work. The addition of professional teachers will effectively improve the effectiveness of mental health education.

## **2.7. The work part of the school started**

Some schools realize the importance of family education for a child's healthy growth. In the process of promoting mental health education, family education is listed as a key work content, and family education is promoted through forms such as parents' meetings, parent schools, and online parent classes, so as to improve the scientific nature of parents' child teaching, and gradually form a joint force of students' mental health educators and schools. Primary schools attach more importance to family education as a whole. The status quo of this work is quite different in the other two sections.

## **3. The status quo of mental health education in our city needs to be improved**

### **3.1. The attention of leaders is not balanced, and the whole needs to be improved**

Although school leaders can recognize the importance of mental health, some schools lack support for mental health work due to funding, time, personnel and other constraints and inadequate understanding of the importance of mental health, which is mainly reflected in: There are many aspects, such as no consultation room hardware construction, no professional (and part-time) teachers, lack of support for related activities, marginalization of mental health work, and unclear understanding of students' psychological status. Overall comparison, the high school stage schools

pay more attention to, but the inter-school situation is not balanced; Some schools pay more attention to the primary school; The middle school stage is the least heavy.

### **3.2. Consulting room construction needs to be further improved**

Although schools have independent consulting rooms, the status quo of equipment, functional differentiation and use is not optimistic. There are three types of cases: (1) there is only a consulting room without related equipment and function differentiation; At the same time, due to the lack of professional teachers, time conflicts and other reasons can not open. (2) There is a consulting room, the purchase of certain equipment, but the equipment is not complete, and the matching decoration is unreasonable; The consultation room can be opened regularly, but the opening hours do not meet the requirements. (3) There is a consulting room with complete equipment, but some equipment does not meet professional requirements, and the function distinction is not in place; The consulting room can be opened regularly, but the consulting effect needs to be improved. Overall comparison, the high school stage of school psychological counseling room construction standardization is higher, followed by primary school, middle school is the least ideal.

### **3.3. The professionalization of mental health education teachers needs to be improved**

Most of the school psychology teachers in 13 counties in our city are part-time teachers, whose roles are not simple enough, and role conflicts are obvious, which affects the effect of work. A large part of the professional and part-time teachers in psychology have only participated in relevant special training, lack of professional accumulation, and their professional work is affected. At the same time, the lack of professional growth of full-time and part-time psychological teachers is obvious, and only a small number of teachers have received continuing education through online training, self-study, public learning and other ways, but the frequency is effective.

### **3.4. The current situation of mental health in the classroom is not optimistic**

Through the investigation, it is found that only a few schools in our city have implemented mental health education into the classroom, and there are some school psychology courses integrated with other courses, mental health is only a teaching content.

### **3.5. The effectiveness of mental health education needs to be strengthened**

Most schools can carry out mental health education in various forms, but the form tendency is obvious. Activity design tends to be divorced from students' current situation, teaching more than experience, knowledge more than skills, etc., which results in a great loss of activity effect and little benefit for students.

### **3.6. The professional quality of the headteacher team is not good**

As the main force of mental health education, the head teacher helps the school to guard the first line of defense of psychological safety, and its position is important. However, because a large number of class teachers lack professional training in mental health knowledge and lack professional support when carrying out corresponding work, it is easy to appear "good intentions to do bad things", poor effect, inability to deal with and other phenomena. These will directly affect the effect of school mental health education.

### **3.7. The specialization of continuing education and training organized by functional departments needs to be improved**

The teachers hired by the existing functional departments for continuing education training have some problems, such as non-specialization, poor pertinence and practicability of the teaching content, resulting in poor training effect and difficult to meet the training expectations.

### **3.8. The current situation of professional continuing education and training of mental health teachers needs to be improved**

The continuous growth of psychological teachers is a necessary condition to ensure the effect of mental health education. However, the situation of psychology teachers receiving continuing education in our city is not optimistic. There is a lack of mental health professional training in the existing continuing education training system, and only the professional pertinence of training needs to be improved.

### **3.9. The mental health status of students in our city is not optimistic**

Through investigation, it is found that primary school students from special families have emotional problems, behavioral deviations and interpersonal difficulties. In junior high school, students' weariness and puppy love are prominent, the proportion of self-harm behavior is high in some schools, some students have suicidal ideation and suicidal tendency, and psychological disorders are mostly depression; High school students study pressure, interpersonal conflict problems are prominent, there are self-harm, suicidal ideation, depression is still the main manifestation of psychological disorders. Some middle and high school students have self-harm imitation behavior and participate in the phenomenon of blue whale game, which should be vigilant; Bullying is still a problem at some schools.

## **4. Feasibility Proposal**

### **4.1. Increase the financial security**

The necessary input of consulting room hardware is the premise and foundation to ensure the effective development of mental health education. The standardized consultation room should include a reception area and individual consultation Areas, catharsis areas, relaxation areas and group counseling areas should be equipped with relaxation chairs, catharsis people, intelligent catharsis and other equipment. It is suggested that schools should set up special funds for mental health education to ensure the smooth development of various mental health work. Support teachers' self-growth, give some financial support to teachers' out-of-town training, and include training hours into teachers' continuing education hours [1]. It is suggested that Baoji primary and secondary school mental health Guidance Center should take the lead in building a standardized consultation room with complete equipment and functional areas in place, and play an exemplary role in the construction of school psychological consultation rooms.

### **4.2. Establish a team of professional and full-time psychological education teachers**

The full-time psychology teacher can ensure the simplicity of the role, so that the psychology teacher will concentrate on the mental health education work without distractions, which will greatly improve the work effect. The specialization of psychological teachers can ensure the

professionalism of mental health education, avoid the educational misunderstandings such as moral education and subject education, and then guarantee the effectiveness of education. The teamwork of psychological teachers can ensure the collective wisdom and mutual cooperation, and improve the timeliness of mental health education. (1) Identify priorities. Each county and district shall determine 2-3 key mental health demonstration schools, set up posts and staff, and establish a stable team of mental health teachers; (2) 3 years of long-term training. The above staff will receive professional and systematic advanced training twice a year for 15 days at the education center. (3) Training qualified psychological teachers to carry out the mental health work of the school while playing a radiating role, leading and promoting the mental health education work of the county.

#### **4.3. Strengthen the professional continuing education and training of mental health teachers**

The growth of mental health teachers is a necessary condition for ensuring the effectiveness of mental health education [2]. It is recommended that the Municipal Education Bureau regularly organize professional training for psychological teachers to improve the pertinence and effectiveness of teaching, and enhance the effectiveness of training. We need to regularly organize professional psychological system training, targeting different groups such as school administrators, psychological teachers, and class teachers, gradually clearing professional knowledge blind spots at all levels of the school, and improving the effectiveness of mental health education.

#### **4.4. The Education Bureau took the lead in establishing the county psychology teachers Union**

A single thread does not make a thread, and a single tree does not make a forest. Most schools in our city have a small number of mental health education team, which is difficult to change in a short time, resulting in difficulties in promoting mental health education. The establishment of psychological teachers union led by the Education Bureau is an important starting point to break through this kind of dilemma. After the establishment of the psychological teachers Union, according to individual advantages, lectures can be carried out on campus, group training, individual counseling and other activities to improve the effectiveness of mental health education in multiple ways.

#### **4.5. Establish a team of experts in mental health education in the education system**

The municipal expert team of the education system was established under the leadership of the Mental health guidance Center of primary and secondary schools, and a referral network from the city to the county to the school was established to improve the business guidance and technical support for the development of mental health education in schools [3]; To provide business support for the systematic training of psychology professional in all counties and districts.

#### **4.6. Compulsory provision of mental health education into the class schedule, into the classroom does not regularly check supervision**

Mental health education into the classroom is a means to impart psychological knowledge and skills continuously, and to form an intimate link between psychological teachers and students. [4] Systematic mental health education curriculum is an important guarantee for the effect of mental health education, and can effectively improve students' mental health level and promote the improvement of teaching quality.



#### 4.7. Establish a three-level crisis intervention linkage system of city, county, district and school

Each school establishes a complete psychological crisis intervention system, including leading groups, crisis intervention procedures, and crisis response programs; All counties and districts set up a crisis intervention liaison system to quickly and accurately complete the tasks of uploading and distributing crisis events, allocating resources, and timely handling[5]; The Municipal Education Bureau led the establishment of a crisis intervention expert team together with other functional departments to provide technical support for crisis events in various counties and districts.

#### 5. Conclusions

Through the investigation of mental health education in 13 counties and districts, we found that the construction of the department of psychological counseling room needs to be improved, the construction of the team of full-time and part-time psychological counseling teachers needs to be further implemented, and the curriculum of mental health education needs to be improved [6]. Based on the above practical situations, we proposed a constructive strategy with strong operability, multi-level and multi-angle feasibility, so as to improve the quality of mental health education in primary and secondary schools from the overall level.

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