

Debra Phillips (2016), *Let there be light*, watercolour, old map and mixed media on card.

Teach well, be well: Education and mental health since the pandemic

3.30pm–5.00pm AEST, Friday 1 September 2023 via Teams and in person at ACU’s Melbourne Campus: room 11, level 7, building 421, 115 Victoria Parade, Fitzroy

This forum looks at the latest research and perspectives of the educational sector and mental health at ACU post pandemic and how we can all learn to sustain ourselves in this sector.

PANEL

Associate Professor Theresa Dicke (ACU)
Dr Matthew Morgan (ACU)
Dr Debra Philips (ACU)

CHAIR

Professor Amanda Telford (ACU)

CO-CONVENORS

Dr Anh Nguyen Austen (ACU)
Dr Jessica O’Leary (ACU)

ENQUIRIES ihss@acu.edu.au

Theresa Dicke will present her research on school wellbeing, with a focus on the demands, resources, and stress of school leaders.

Matthew Morgan will share research and experience from a legal/criminology perspective: Advances in neoconservative politics in the past few decades have not only increased mental illness amongst young people but have also eroded available support systems to care for all people with mental illness.

Debra Phillips’ research examines teachers’ mental health. She will share practical strategies for teachers to develop resistance to the impact of institutional and everyday stressors and how to apply the resisters beyond the first five years to remain for the next 20 years.

See over for bios, and further details.

Biographies

PANEL

Associate Professor Theresa Dicke (ACU) is currently Acting Director and Program Lead of the Institute for Positive Psychology and Education. Throughout her career, she has delved into the fascinating world of performance, motivation, and wellbeing in schools. She has dedicated her research to understanding students, teachers, and school leaders individually. She takes a holistic and systemic approach when studying learning and wellbeing in schools, including the school environment and the complex web of interactions (between students, teachers, and school leaders) happening within it.



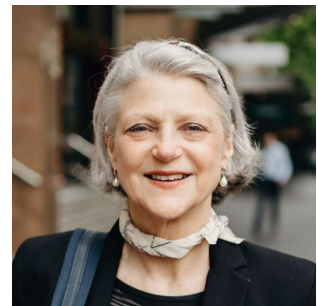
She will talk about her ongoing research project on principal health and wellbeing—the current findings as well as aims and future plans for the project, including in depth analysis of school leader job satisfaction and its meaning for teachers and students. She will also discuss the nature and individual differences in school principals’ emotional exhaustion.

Dr Matthew M. Morgan (ACU) is a Lecturer in Criminology in the Faculty of Law and Business. Matthew’s teaching and research interests include policing vulnerable and diverse populations. He has worked with police organisations in the UK and in Australia to inform best practice for when police interact with people suffering mental health crises in the community. Matthew is also a mental health awareness advocate who routinely engages with mainstream media outlets to help inform public policy and debate regarding complex mental illnesses affecting youth and the general population.



Matthew’s research finds that many young people are suffering considerable psychological stress as they are increasingly being told to view themselves as one-person enterprises competing for identity in a market-based society. As such, many young people suffer with ‘self-uncertainty’ regarding their identity, sense of self, and societal status which is compounded by perceptions of stigma.

Dr Debra Phillips (ACU) is an Education lecturer in the Faculty of Education and the Arts, focusing on the inclusive practice and disability field. Before becoming an ACU academic she had 20+ years of classroom where she witnessed the debilitating effects of teachers’ eroded mental health. Her ACU teaching and research is primarily within teachers’ mental health and the inclusive education practice for students with disabilities. She is also a studio artist and leads a team of yarnartists who create public-space, yarn-fibre installations for North Sydney Council.



CHAIR

Professor Amanda Telford is based within the National School of Education in the Faculty of Education & Arts at ACU. Amanda is currently the National Course Co-ordinator of the Master of Education and teaches into the wellbeing specialism in the MEd. Amanda has a passion for building staff and student wellbeing, partnerships, capacity building, leadership and transforming learning environments and experiences and quality enhancement in learning and teaching. Her current research focuses on wellbeing of higher education staff and active pedagogies using whole school approaches in schools. In addition to experience as an academic Amanda is a former Associate Dean Education, Deputy Head of School Learning and Teaching, Interim Associate Dean Partnerships and Program Director of Health and Physical Education.

