SOCIAL EXPECTATIONS AND MENTAL WELLNESS

- Mental health of students
- Poverty
- Trauma, depression and grief
- Technology for mental health(Tele-care)

Presented by:

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CARE FIRST RECOVERY HOMES.

Ugandan perspective of mental health

HEALTH MINISTRY REPORT SAYS FIGURE COULD BE HIGHER, P6

14 MILLION UGANDANS MENTALLY SICK

Presentation guided by:

- **Iceberg** phenomenon of Covid-19 (Research Gate),
- The Collective teacher-student efficacy (Sampson,1990)
- Herminberg Iceberg Model
- The control and perfection dynamics -Farber1976)
- Family descriptive metaphors (Jackson, 1965)
- Satir Growth model of Transformation idea.
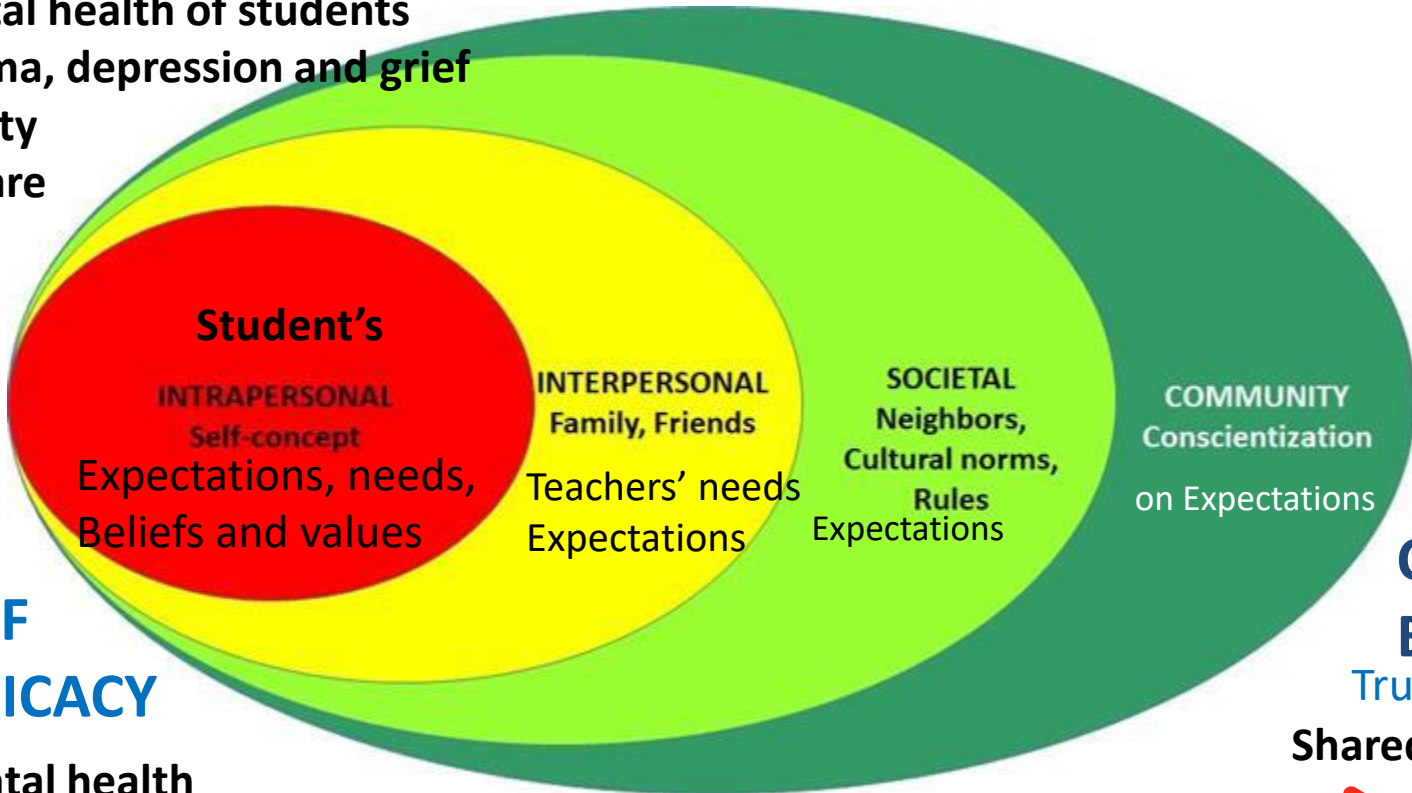- **Isaiah 55:12 –**climate change

Iceberg phenomenon of Covid-19
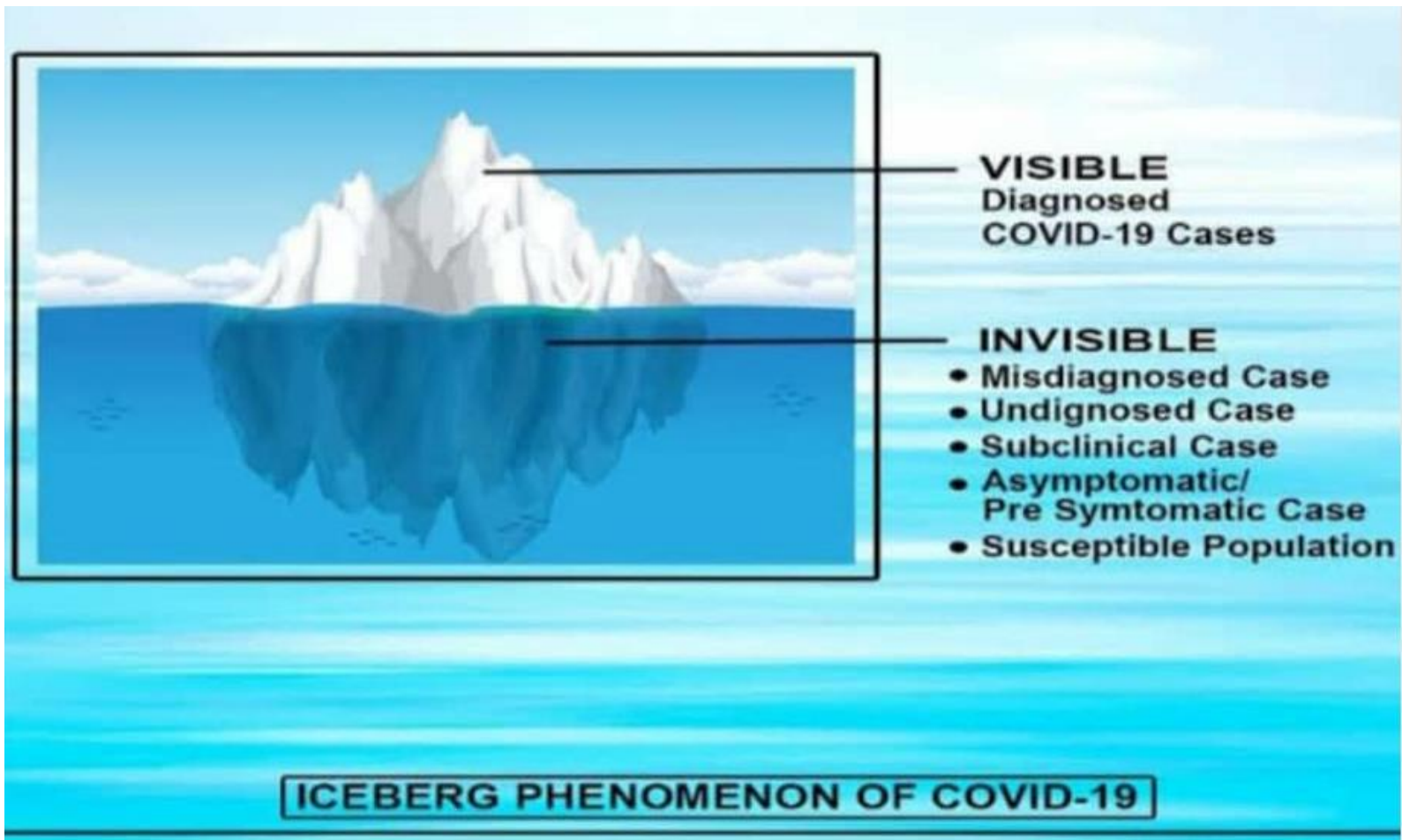
SOCIAL EXPECTATIONS AND STUDENTS MENTAL WELLNESS

- Mental health of students
- Trauma, depression and grief
- poverty
- Telecare

- Individual
- -culture
- -Religion
- -Age group
- -Class
- -Location

Student's

INTRAPERSONAL
Self-concept
Expectations, needs,
Beliefs and values

INTERPERSONAL
Family, Friends
Teachers' needs
Expectations

SOCIETAL
Neighbors,
Cultural norms,
Rules
Expectations

COMMUNITY
Conscientization
on Expectations

SELF EFFICACY

COLLECTIVE EFFICACY
Trust & Cohesion

- Mental health
- Emotional health
- Social health
- Economic health
- Physical health
- Intellectual health

Control perfection dynamics (Collective Energies)

(Shame-bound rules)

Shared norms
- Values
- Beliefs
- Needs
- Expectations
- Capabilities

What you see:

PERSONAL GROWTH
- Personal skills
- Competence
- Talent
- Knowledge

Family rules manifestations:

Behaviour, practices

- Words
- Tonality
- Body language
- Gestures

What is the deep structure underneath:

-Physical Adversity
-Mental Adversity
-Emotional Adversity
-Social Adversity
-Spiritual Adversity
-Financial Adversity

Values

Self image

Traits

Motives

Criticisms

Shame

Grief,
Guilt
abuses

Pain Spirit

Rule of Control, perfection, blame

- Beliefs
- Values
- Biases
- Prejudices
- Experineces
- Fears
- Dreams
- Feelings

✓ Self motivat
✓ Self dedicat
✓ Self beliefs

To defeat
adversity
(Fort Behavio
Health

(Hemingway's Iceberg, Alfred Adler's theories and Fort Behaviour change)

Failure to satisfy social expectations led to:

Powerful energies like;

- Guilt

- Fear

- Shame

- Self-condemnation that causes mental instability, illness and failure. However, when handled as mere energies, it creates understanding on how to replace them with better energies for Wellness like; Love, Peace, Justification, Joy, Hope, and Faith.
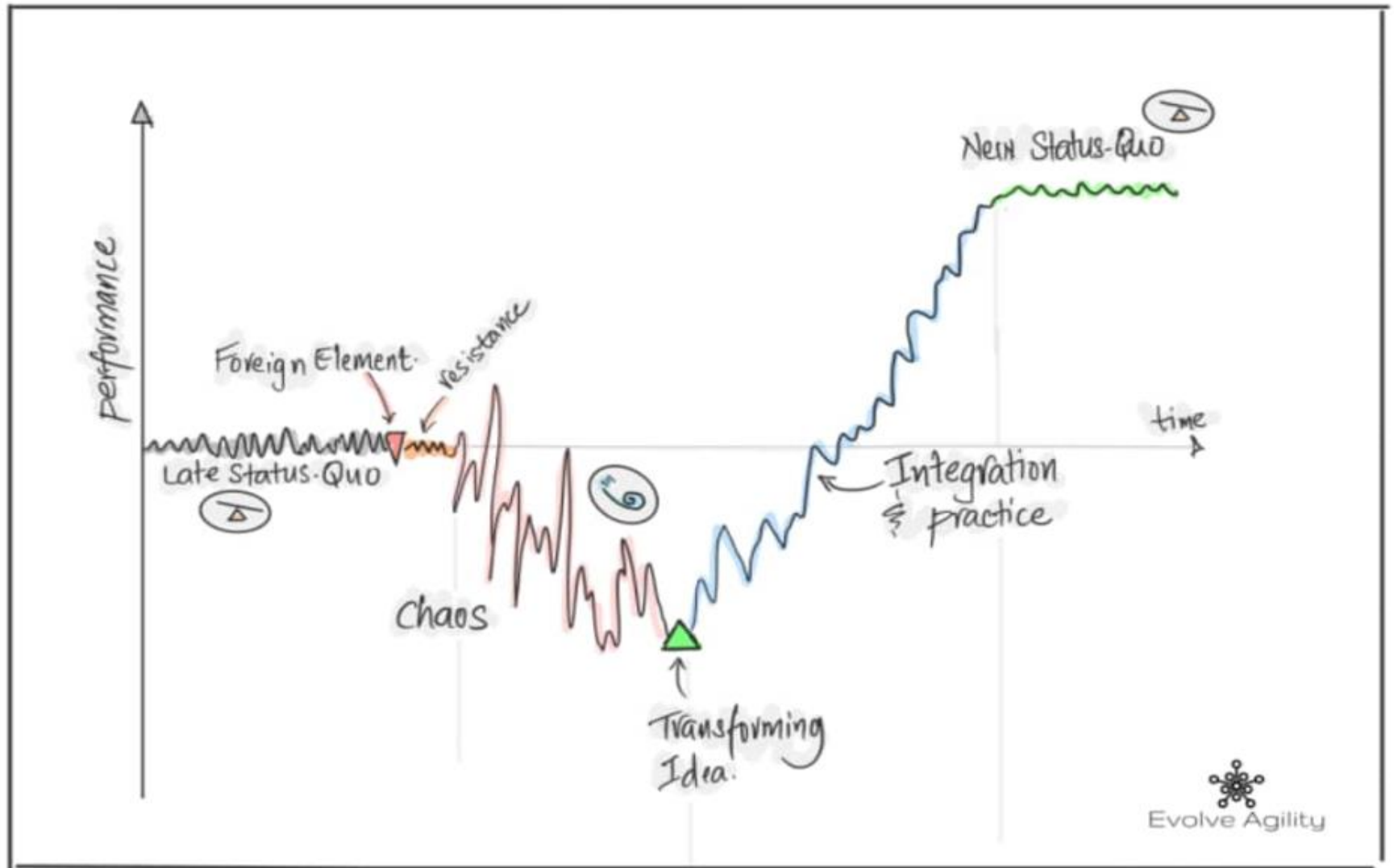
Trauma, depression and grief

▪ Sleep disturbances associated with; anxiety, depression, and suicidal behaviour (Sher, 2020a)

Psychological disorders secondary to the COVID-19;

▪ Anxiety

▪Depression especially healthy anxiety

▪PTSD

▪Alcohol

▪Obsessive-compulsive behaviours

▪ paranoia (Dubey, 2020).

▪Psychological distress that appeared to be more vulnerable to women than men (Huang and Zhao, 2020)

Collective Efficacy Theory
Policy Recommendations

- Identify neighborhood "hot spots"
- Reduce social disorder and physical incivilities
- Build informal social control, social capital
- Promote housing-based neighborhood stabilization
- De-concentrate poverty: scattered site new housing
- Maintain and build the Municipal Service Base
- Integrate community with child development/health policy
- Increase community power/organizational base

The Satir Change Model

THANKS FOR LISTENING

END