

APPRENTICESHIP WORKFORCE DEVELOPMENT PROGRAMME

Mental Health in Apprentices: counting the cost

Good & Best practice identified in other curriculum areas

 South Devon College



PETROC

South Devon College Intervention A: Adult Mental Health Aware 3-hour workshop - Case Study highlighting feedback and impact

Over 6 sessions of Adult Mental Health Aware Half Day workshops were delivered across Construction apprenticeship trades. The workshops were 3 hours long. The participants totalled 110.

In addition to attending the training delivered by the trainer/facilitator, the participants received a Course Manual (a standalone resource) and a Workbook. The purpose of the workshop was to increase the knowledge and skills to recognise the signs of mental ill health and ways to get support. The workshop covered the following topics:

- What is mental health?
- Mental Health Continuum
- Factors which affect mental health
- Stigma
- Stress and stress management
- Spotting signs of distress
- Mental health conditions
- Recovery
- Take 10 Together - starting a supportive conversation
- My Mental Health Toolkit

South Devon College staff reached out to Level 2 Brickwork apprentices as a focus group to gather feedback after the workshops had concluded. The learners were aged between 17 and 35. There were approximately 60 male participants and 3 females. The feedback highlighted the helpfulness of the workshop content, particularly in raising awareness of how many people suffer with mental ill health. Learners expressed that the workshop helped them to identify deterioration in their own mental health and where to access support. They can now also identify the best routes to support peers who are struggling with mental health.

The feedback also included ideas for developing the format of the workshop. It was observed that incorporating more interactive activities could help learners maintain focus and engagement during the workshop session. It was also suggested that reducing the session time could maximize concentration levels.

The impact of this AWD project intervention on our case study group highlights that apprentices in Construction apprenticeships have been given access to mental health awareness and skills training. This has worked to reduce stigma and facilitate conversations about mental health in both personal and professional settings.

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