



Australian Journal of  
**Guidance and  
Counselling**

Special Issue

**MindMatters Plus  
and some mental health  
initiatives in schools**

Volume 14

Number 1

July 2004



The official journal of the Australian Guidance and Counselling Association Ltd

<https://doi.org/10.1017/S1037291100002600> Published online by Cambridge University Press



# Australian Journal of Guidance and Counselling

## Editor

Assoc. Prof. Robyn Gillies *School of Education  
The University of Queensland*

## Associate Editor

Prof. Paul Burnett *Charles Sturt University, Bathurst*

## Book Review Editor

Dr John Barletta *Australian Catholic University*

## Editorial Panel

Assoc. Prof. Louise Rowling *University of Sydney*  
Dr Marilyn Campbell *Queensland University of Technology*  
Dr Nadine Pelling *University of South Australia*  
Mr Ken Glasgow *University of West Australia*

## Australian Guidance Counselling Association Limited

### Executive Members

*President* Royce Herbert  
*Secretary* Pauline Glasgow  
*Treasurer* Jim Phillips  
*Membership Secretary* Coosje Griffiths  
*Newsletter Editor* Grania McCudden  
*Journal Editor* Robyn Gillies  
*Immediate Past President* Sue Hawick

### State Representatives

*New South Wales* Paul Kelly  
*Victoria* Lalene Sauter  
*Western Australia* Jim Phillips  
*Queensland* Roslyn Lim  
*South Australia* Regina Firinauskas  
*Tasmania* Judy White  
*Australian Capital Territory* Heather McLoughlin  
*Northern Territory* Bettina Bettingham  
*MindMatters Plus  
Project Officer* Helen Broomhall

The Australian Journal of Guidance and Counselling presents articles of relevance to all areas of guidance and counselling. Papers may address theoretical, practical, professional or training issues and may focus on educational or psychological topics.

Invitation to contribute and information for authors are printed on the inside back cover.

## Subscription Rates 2004

This journal is published annually.

### Individual

Australia \$34.50  
Overseas \$47.00

### Institutions

Australia \$63.50  
Overseas \$84.00

All prices are in Australian dollars and include economy air postage and GST where applicable.

Orders and subscription enquiries should be addressed to:

Journal subscriptions  
Australian Academic Press  
32 Jeays Street  
Bowen Hills QLD 4006 Australia

Journal subscription is covered by membership to the Australian Guidance and Counselling Association. For all enquiries, please contact the association:

PO Box 421  
Mt Ommaney  
Brisbane QLD 4074



Published for the Australian Guidance and Counselling Association Ltd by  
AUSTRALIAN ACADEMIC PRESS:  
32 Jeays Street Bowen Hills QLD  
4006, Australia

[www.australianacademicpress.com.au](http://www.australianacademicpress.com.au)

Printed by WATSON FERGUSON  
& COMPANY



# Contents

**Editorial** \_\_\_\_\_ **iii**

Robyn Gillies

**Articles**

Making Sense of Resilience: A Useful Step on the Road to Creating  
and Maintaining Resilient Students and School Communities \_\_\_\_\_ **1**

Judith A. Murray

The Challenge for Counsellors: Understanding and Addressing  
Indigenous Secondary Students' Aspirations, Self-concepts  
and Barriers to Achieving their Aspirations \_\_\_\_\_ **16**

Rhonda G. Craven and Herbert W. Marsh

Enhancing Students' Self-perceptions: The Impact of Programs  
and Teacher Feedback \_\_\_\_\_ **34**

Paul C. Burnett

Same-sex Attracted Youths: Suicide and Related Factors \_\_\_\_\_ **48**

Adrian Ashman

Identification of "At-risk" Students for Prevention and Early  
Intervention Programs in Secondary Schools \_\_\_\_\_ **65**

Marilyn A Campbell

How School Counsellors and Psychologists can Support  
Gay, Lesbian, Bisexual, and Questioning Adolescents \_\_\_\_\_ **78**

Nadine Pelling

MindMatters Plus: A Capacity-building Framework  
for Working with Secondary School Students with High Support  
Mental Health Needs \_\_\_\_\_ **96**

Helen Broomhall, Janet Devlin, Sarah Anderson and Martha Doyle

MindMatters Plus Field Reports \_\_\_\_\_ **106**

> A Whole-school Approach ... with a Healthy Dose of  
Student Leadership! Melba High School

Kim Robinson

> Innovative Approaches to Working with High Support Needs Students:  
Woodcroft College

Robyn Burns-Witham and Marnie Watts

continued over



# Contents continued

Mind Matters Plus Field Reports (continued)	106
> Implementing MindMatters Plus in Rural or Remote Settings: Taminmin High School Erin Evans	
> Looking Back and Looking Forward: Fitting it All Together. A Whole of School Approach to Resilience Building Julie Rimes	
> Boys Staying Cool: A Pilot MindMatters Plus Anxiety Disorder Program. Whitefriars College Justine Tonner-Joyce	
> People who Need People: Liverpool Girls High School, NSW Narelle Best	

## Book reviews

Creativetherapy: Adolescents Overcoming Child Sexual Abuse	118
By Kate Ollier and Angela Hobday	
Understanding Childhood Behaviors	119
By Donna M. Gelfand and Clifford J. Drew	
Children of Parents with Mental Illness: Personal and Clinical Perspectives	120
Edited by Vicki Cowling	

*Australian Journal of Guidance and Counselling* is published twice a year and issued to all financial ordinary, institutional and student members of the AGCA.

Copyright in all articles rests with authors. A limited set of permanent copyright permission licences has been granted by authors to the publisher to allow publication in this journal. Rights in the reproduction and distribution of the published articles as visual facsimiles of this published edition by either mechanical or digital means is controlled by the publisher. All other rights in the words contained in this edition are controlled by the authors. Authors are therefore free to adapt and/or republish the words making up their own articles either online or in print.

Published for the AGCA by  
AUSTRALIAN ACADEMIC PRESS  
32 Jeays Street, Bowen Hills,  
QLD 4006, Australia.  
[www.australianacademicpress.com.au](http://www.australianacademicpress.com.au)