



# WHISKids Switzerland

By  
Swiss Alternative Medicine (SAM)  
A partner of World Health Innovation Summit



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## World Health Innovation Summit

World Health Innovation Summit was set up to support our health services. WHIS, as it's known, is a platform that brings our communities together to inspire, innovate and share information to improve our health and wellbeing.



## WHISKids programme

We have prototyped our model over the last 3 years across the UK with over 7,000 delegates attending our events and 2,000+ Children through our WHISKids programmes in Cumbria





## WHY



1 in 10 children and young people aged 5 to 16 suffer from a diagnosable mental health disorder - that is around three children in every class. More than half of all adults with mental health problems were diagnosed in childhood. Less than half were treated appropriately at the time. 31.2% of children aged 2 to 15 were classed as either overweight or obese 69% of young people have witnessed somebody else being bullied, 43% of which see it at least once a week. 12,000 children are with parents being treated for drug problems and 15,000 children have with parents alcohol issues. 46,000 young people are linked to violent groups in the UK.





## WHO

WHISKids is not just for children who have been identified as needing extra support. It is a person-centred program that supports all. Children who are currently experiencing good mental health and a stable family life still need to build emotional intelligence, resilience and understand how their health is impacted by their choices to help navigate life now and in the future. This also helps children who are working alongside each other through the program to develop empathy and understanding for the differences and similarities we all share.



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## HOW

Each WHISKids course takes the form of a six-week programme. Each course is 1 hour sessions, that take place in school, usually in the hall as it includes activities for learning about physical and emotional wellbeing which can currently be tailored to any class group, aged from 4 to 11.

We are Working within the My Way Code framework, taking children and young people on a journey of discovery raising awareness of who they are, who they have to support them, how to take responsibility, trust their judgment and how they can work towards their goals as a unique, talented individual.



AWARENESS OF AND REACTIONS TO THOUGHTS AND FEELINGS



IDENTIFYING SUPPORT YOU HAVE AND WHO TO GO TO.



DEFINING GOALS AND CHOOSING STEPS TOWARDS POSITIVE CHANGE



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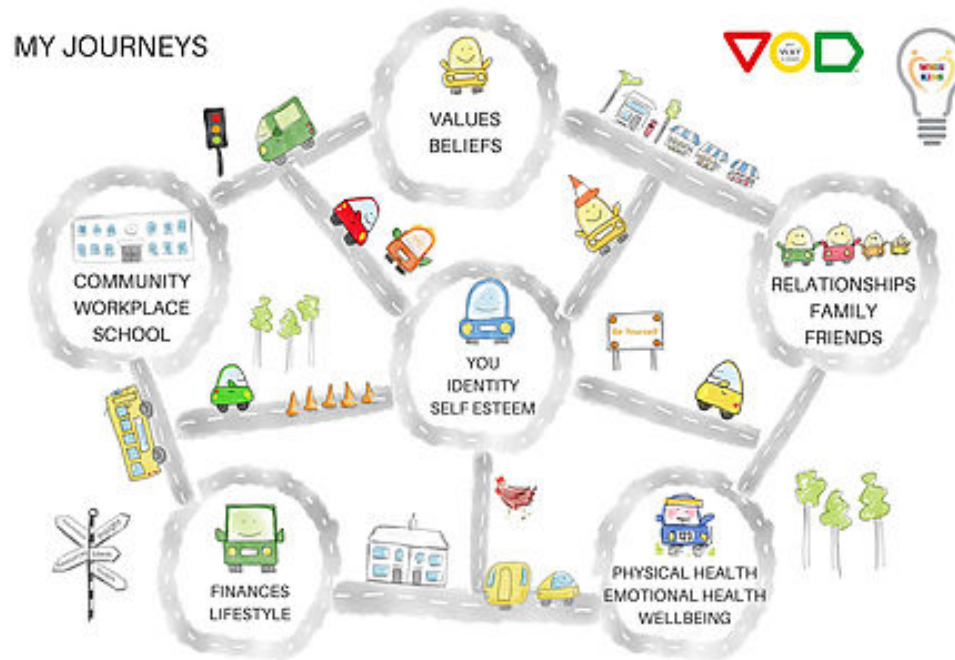
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## MY WAY CODE



WHISkids uses the My Way Code mental health programme to underpin everything it teaches. It uses the metaphors from cars and travelling so is aspirational, relatable and gender neutral.



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