

Mental Health Supports

The Learning Support Team

One *Learning* Community



OUR TEAM

- Associate Superintendent - Deb Whitten
- Director Learning Support - Harold W. Caldwell
- District Counsellor - Jen Chambers
- District Youth & Family Counsellor - Jen Aston
- Healthy & Caring Schools Coordinator - Marnice Jones
- Community Link Coordinator - Tiffany Smyth
- Behavioural Consultant - Dana Marchant

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LEARNING SUPPORT PLAN



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GOAL 2

Support the mental health needs and well-being of all students within an inclusive learning model



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STRATEGIES

- Provide social-emotional learning opportunities for staff and students
- Align planned initiatives with the District Strategic plan's focus on Learner Success, Aboriginal Learners and Vulnerable Learners
- Build relationships with our community partners at CYMH, MCFD, Surrounded by Cedar and Island Health

LEARNING SUPPORT TEAM PHILOSOPHY

- We strive to work from a resilience, asset based perspective
- While portions of our work are crisis based, our focus is early interventions and initiatives that support all learners in an inclusive model
- We use a social emotional learning lens
- Community partnerships and ongoing communication are key

MENTAL HEALTH EVENTS/PROGRAMS FOR STUDENTS

- Pink Shirt Day
- Kelty Mental Health Forum in Vancouver (Secondary students)
- Balancing our Minds (Tri District, Youth Directed) 2016
- This year – focus on supporting school based initiatives
- Roots of Empathy
- Friends for Life

MENTAL HEALTH EVENTS FOR EDUCATORS

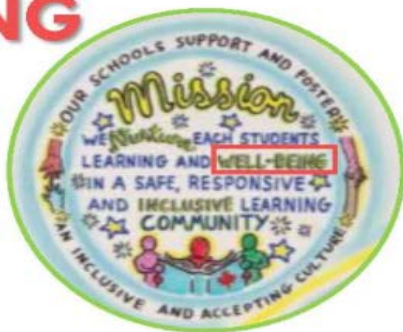
- Quad District -Promoting Mental Health for Children and Youth Symposium(2014-2015 & 2015-2016)

SOCIAL EMOTIONAL LEARNING

Well Ahead Initiatives /Sept. 2015 - June 2017

- **2 x 10 Intervention**
 - **Heart and Mind Series**
 - **Mindfulness for Educators Training**
-
- Social Emotional Wellness Advocates /Sept. 2017 - June 2019

EDUCATING THE HEART 2017-2018



Social Emotional Wellbeing Advocates

11%
academic
gains

Research shows that students who participated in evidence based social emotional learning programs showed an 11% gain in academic achievement compared to students who did not.

11:1
return on
investment

Among six evidence based social emotional learning (SEL) interventions studied, it was determined that, on average, for every \$1 invested in SEL programming, there is a return of \$11.

HOW TO GET INVOLVED?

In September of 2017 present this opportunity to your staff to determine interest. Identify a minimum of one person by the end of September and put forth their name to Learning Support.

Be willing to dedicate time for the SEWA's to share and or mentor at staff meetings, professional development days and other opportunities available within your school setting.

DATES FOR SESSIONS

Oct 5, 2017 – after school from 4:00-6:00 pm
(food provided)

Dec 7, 2017 – during school 1:00-4:00 pm
(one TTOC provided per school)

Feb 15, 2018 – after school 4:00-6:00 pm
(food provided)

April 12, 2018 – during school 1:00-4:00 pm
(one TTOC provided per school)



Questions or comments?

Contact Harold Caldwell
Director of Learning Support
250-475-4155
hcaldwell@sd61.bc.ca

A photograph of a classroom with students. In the foreground, a young girl with long dark hair is smiling at the camera. In the background, other students are seated at desks, some working on papers. An orange rectangular box is overlaid on the left side of the image.

MDI
GRADE 4

MDI DATA PRESENTATION SLIDES

2016/2017 MDI GRADE 4 RESULTS

SCHOOL DISTRICT 61 ■ **GREATER VICTORIA**

WELL-BEING INDEX

5 DIMENSIONS OF THE MDI



WELL-BEING INDEX

- A measure in the Well-Being Index



SOCIAL & EMOTIONAL DEVELOPMENT

- Measures
- **Optimism**
 - Empathy
 - Prosocial Behaviour
 - **Self-Esteem**
 - **Happiness**
 - **Absence of Sadness**
 - Absence of Worries
 - Self-Regulation (Short & Long Term)
 - *Responsible Decision-Making
 - *Self-Awareness
 - *Perseverance
 - *Assertiveness
 - *Citizenship and Social Responsibility

* Grade 7 only



PHYSICAL HEALTH & WELL-BEING

- Measures
- **General Health**
 - Eating Breakfast
 - Meals with Adults at Home
 - Frequency of Good Sleep
 - Body Image



CONNECTEDNESS

- Measures
- Adults at School
 - Adults in the Neighbourhood
 - Adults at Home
 - Peer Belonging
 - Friendship Intimacy
 - Important Adults



USE OF AFTER-SCHOOL TIME

- Measures
- Organized Activities
 - Educational Lessons or Activities
 - Youth Organizations
 - Sports
 - Music or Arts
 - How Children Spend Their Time
 - After-School People and Places
 - Children's Wishes and Barriers



SCHOOL EXPERIENCES

- Measures
- Academic Self-Concept
 - School Climate
 - School Belonging
 - Motivation
 - Future Goals
 - Victimization and Bullying

WELL-BEING INDEX

OPTIMISM

e.g. I have more good times than bad times.

SELF-ESTEEM

e.g. A lot of things about me are good.

HAPPINESS

e.g. I am happy with my life.

ABSENCE OF SADNESS

e.g. I feel unhappy a lot of the time.

GENERAL HEALTH

e.g. How would you describe your health?



High Well-Being (Thriving)

Children who are reporting positive responses on at least 4 of the 5 measures of well-being.



Medium to High Well-Being

Children who are reporting no negative responses, but fewer than 4 positive responses.



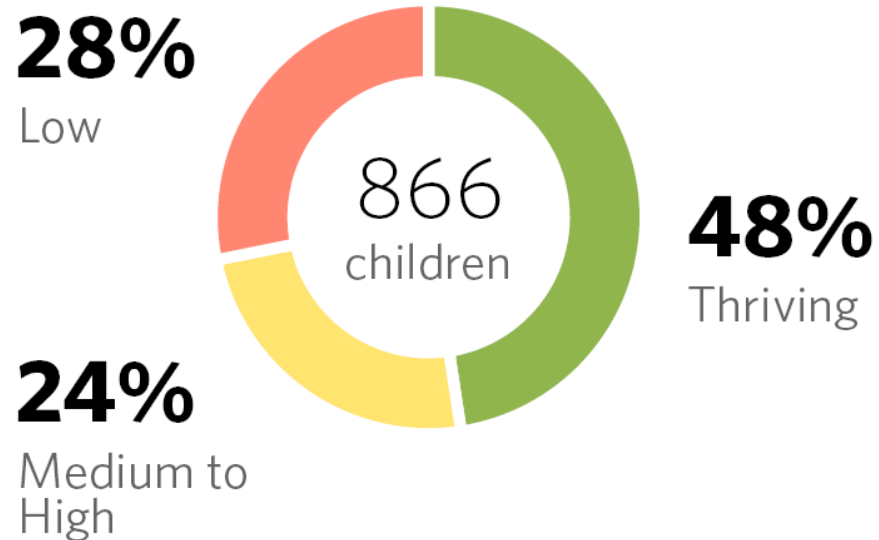
Low Well-Being

Children who are reporting negative responses on at least 1 measure of well-being.

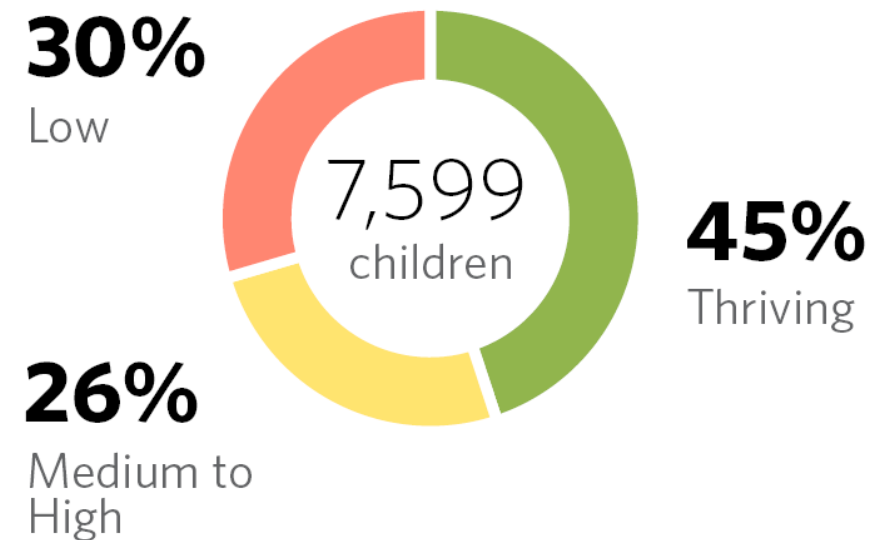


WELL-BEING INDEX

GREATER VICTORIA GRADE 4



ALL PARTICIPATING DISTRICTS GRADE 4



COUNSELLOR WORKSHOPS

Focus: Suicide Ideation Interventions

- Suicide Handbook (partnership with IMCRT, High Risk Team, and Pediatric Emergency Services)
- Presentation for all Counsellors from Dr Mary Kay Nixon on Non suicidal Self Injurious Behaviours (Tri District)
- ASIST Training for all School Counsellors (partnership with Island Health)

Focus: Anxiety Supports

- Workshop on Cognitive Behavioural Therapy interventions for anxiety (Tri-district)
- CBT age specific manuals on anxiety for counsellors
- Parent meetings on anxiety and strategies to support youth
- Anxiety Group in schools— ongoing with focus on Middle (Rockheights)
- Step Up to the Middle transition program

Focus: Substance Use and Trauma Informed Practice

- Substance Use Forum (Tri District /CARBC /Discovery) Nov 20, 2017
- Counselling workshop on Substance Use Topics and Trauma Informed Practice Feb 2018
- Counselling Consultation sessions (4 annually)

SUPPORT AND COMMUNICATION

- Annual Counsellor Update and Refresher session
- Quarterly Counsellor newsletters
- Quarterly Healthy, Safe and Caring Schools updates
- Bi-annual District Counsellor at secondary SBT meetings
- Professional Development for Learning Support Team
 - Mental Health Conference for Counsellors
 - Resilience, Recovery & Relationship Conference

Learning Support Team

Understanding of Mental Health

We view mental health as one piece of a person's overall health. This means there is no "health" without "mental health." Mental health is more than the absence of mental illness – mental health is an important resource for everyday life.

Adapted from Kelty Mental Health

SOGI

(Sexual Orientation Gender Identity)

- ❖ *District Lead – Harold W. Caldwell*
- ❖ *October 4th SOGI meeting in Vancouver*
 - ❖ *\$7800 given to our District through ARC Foundation and RBC Foundation*
 - ❖ *Partnered with AMBIT Gender Diversity Consulting*
 - ❖ *School Lead/Safe Contact training*
 - ❖ *Staff Meeting In-Service SOGI/District Policy*
 - ❖ *Parent & Community Evening*

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