

Counselling Supports

Learning Support Team

LEARNING SUPPORT OPERATIONAL PLAN



GOAL 2

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



LEARNING SUPPORT TEAM PHILOSOPHY

**We strive to work from a
resilience, asset based perspective**

COUNSELLING SUPPORTS FOR ALL STUDENTS

- School Based Counsellors in all schools
- Youth and Family Counsellor access in all schools
- Access to Discovery Counselling for all
- Referrals to Community Service Partners
- Learning Team support to School Based Team and referrals for collaboration

ADDITIONAL COUNSELLING SUPPORTS

- Children in Care
- Aboriginal Students
- International Students

Children in Care

- Children in Care App
- School Based Team
- Case Manager

Human Nature School Program

- Nature Based Program offered at George Jay, Quadra and Craigflower
- Program Goal: To support the promotion and enhancement of physical and mental health outcomes amongst students, through Indigenous Ways of Knowing and nature based practices.

Program Outcomes

Program outcomes:

1. increased school attendance and engagement
2. Increased positive connections with peers and staff
3. Increased self-regulation
4. Increased sense of student well-being and self-confidence



Mental Health Protocols

Learning Support Team Mental Health Initiatives for all School Staff (Including Counsellors)

- Counsellor Refresher series
- Counsellor Collaboration sessions
- Yearly Mental Health Focus for Counsellors (Counsellor Themes)
- Snapshots
- Yearly In-servicing for School Based Violent Threat Risk Assessment Teams (VTRA), and Critical Incident Response Teams (CIRT)
- SOGI Leads in all schools
- Mindfulness for Educators
- Social Emotional Wellness Advocates
- Community Service Provider Fair
- Unpacking Inclusion Series

COUNSELLOR REFRESHER AGENDA

- **District Processes**
 - Ongoing
 - New
- **Resources**
- **Upcoming Events**

GUIDING DOCUMENTATION

- **Infancy Act**
- **Duty to Report**
- **BC School Counsellor's Code of Ethics**

INFORMATION SHARING PRACTICES

- **Right to Confidentiality**
- **Common Practice**
- **Consultation**

COUNSELLOR COLLABORATION SESSIONS

- 4 Times a year (October, January, April , June)
- Focus is on opportunities for counsellors to collaborate, share case studies, discuss topics related to age specific youth.
- 2 Learning Sessions:
 - October: Duty to Report
 - April: Legal Issues for Counsellors

COUNSELLOR THEMES

Focus: Suicide Ideation Interventions

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

COUNSELLOR THEMES

Focus: Anxiety Supports

- Workshop (Tri-District) on Cognitive Behavioural Therapy interventions for Anxiety
- CBT age specific manuals on Anxiety for counsellors
- Parent Meetings on Anxiety and strategies to support youth
- Anxiety Group in schools (Rockheights) – ongoing with focus on Middle schools
- Step Up to the Middle transition program
- SPRING Up to High School

COUNSELLOR THEMES

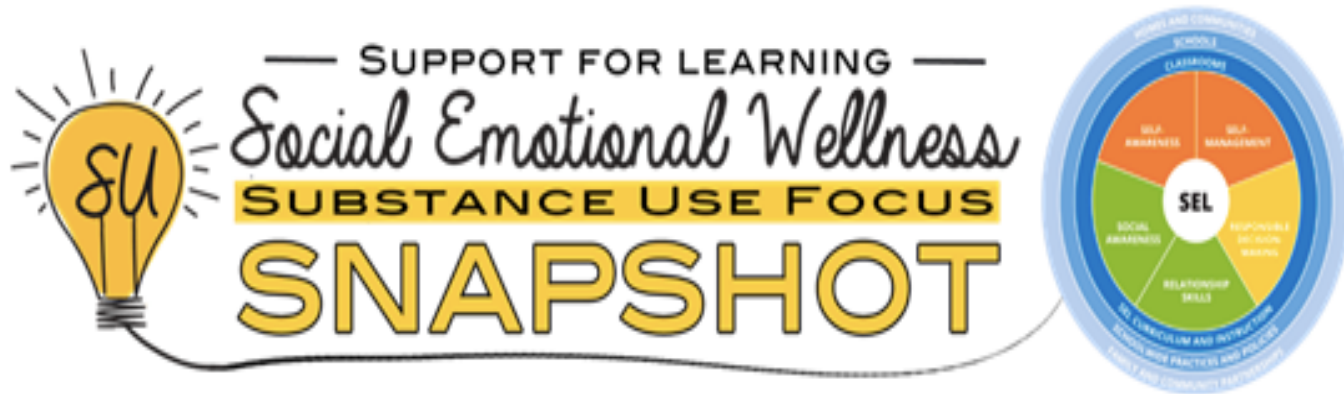
Focus: Substance Use

- Substance Use Forum (Tri District and partnership with CARBC (CISUR) and Discovery Services) 2017
- Substance Use Snapshot - monthly

Focus: Trauma Informed Practice

- Counselling Workshop (Tent date Feb 2019) on Trauma Informed Practice with Dr. Linda O'Neill

SUBSTANCE USE SNAPSHOTS



SUBSTANCE USE SNAPSHOTS

Strategies for 2018–2019

ELEMENTARY

Additional Counsellors in schools (.5 or more)

Support for Social Emotional Learning Programs (Second Step and Taxi Dog)

Youth & Family Counsellor and access to Discovery Addiction Counsellors at all schools

Social Emotional Wellness Advocates

MIDDLE

Mental Health Literacy Program for all Grade 8 students

SU Snapshots for Grade 8 students, staff and parents

Youth & Family Counsellor and access to Discovery Addiction Counsellors at all schools

Social Emotional Wellness Advocates

SECONDARY

Odd Squad videos and resource material on Fentanyl.

SU Snapshots for all students, staff and parents

Youth & Family Counsellor and access to Discovery Addiction Counsellors at all schools

Social Emotional Wellness Advocates

SUBSTANCE USE SNAPSHOTS

Substance Use Focus Snapshot Themes

September Overview & Introduction	October Marijuana Use & Implications of Legalization	November Brain Development & Substance Use	December Fentanyl	January Addiction vs Recreational Use
February Alcohol	March Tobacco & Vaping	April McCreary Report	May Substance Use & Mental Health	June Drug Glossary Names, Slangs & Descriptions

Mindfulness for Educators

Fall 2018 Session Location TBD	
Monday, October 15	4 - 6pm
Monday, October 22	4 - 6pm
Monday, October 29	4 - 6pm
Monday, November 5	4 - 6pm
Wednesday, November 14	4 - 6pm
Monday, November 19	4 - 6pm
Saturday, November 24	9am-3pm
Monday, November 26	4 - 6pm
Monday, December 3	4 - 6pm
Classroom Support	
Monday, January 7	4 - 6pm
Monday, January 21	4 - 6pm
Monday, January 28	4 - 6pm

Winter 2019 Session Location TBD	
Thursday, January 17	4 - 6pm
Thursday, January 24	4 - 6pm
Thursday, January 31	4 - 6pm
Thursday, February 7	4 - 6pm
Wednesday, February 13	4 - 6pm
Thursday, February 21	4 - 6pm
Saturday, February 23	9am-3pm
Thursday, February 28	4 - 6pm
Thursday, March 7	4 - 6pm
Classroom Support	
Thursday, April 11	4 - 6pm
Thursday, April 25	4 - 6pm
Thursday, May 2	4 - 6pm



Questions?

Contact Lisa Baylis
250-382-9226
lbaylis@sd61.bc.ca

"I was shocked the first time I tried it. I couldn't believe that the ringing of a singing bowl and breathing three breaths could have such an affect. My learners (half of whom are very high energy) were calm and alert for 10 minutes. I know that this method is effective as I am seeing it in action!"

PARTICIPANT WINTER 2017

**MINDFULNESS
FOR
EDUCATORS**



Mindfulness

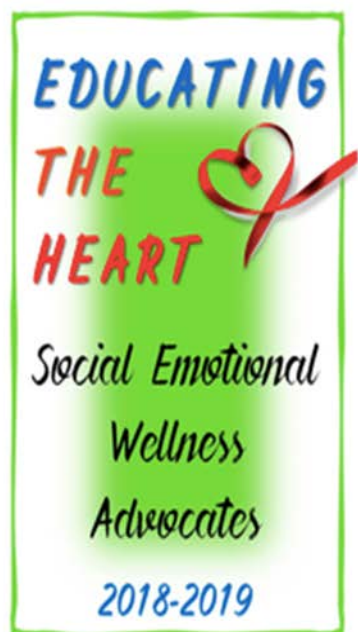
paying attention,
on purpose,
in the present moment,
and non-judgmentally.

**Fall 2018
Winter 2019**

One Learning Community



SOCIAL EMOTIONAL WELLNESS ADVOCATES



Did You Know?

In the 2017-2018 school year Learning Support put out a call for Social Emotional Wellness Advocates. We had Advocates representing 28 of our schools this year. The role of the advocate is to create dialogue, share information and explore resources with their colleagues.

If you feel comfortable teaching SEL, are interested in furthering our own skills in SEL and notice that there is an interest at your school to learn more about SEL you would be the perfect fit for an Social Emotional Wellness Advocate for the 2018-2019 school year!

[How to become an Advocate](#)

COMMUNITY SERVICE PROVIDER FAIR

- Richmond School Oct 4th 2:30 – 4:00pm
- **Audience:** Learning Support Teachers, Counsellors, Administrators
- **Presenters include:** CYMH, MCFD, Hulitan, Foundry, Island Health, Discovery, MYST, Family Smart, Boys and Girls Club, IMCRT, Queen Alexander, NEEDS2, YES, Island Sexual Health.

Unpacking Inclusion Series

4-part series

- Increase our collective knowledge of research-based inclusive best practices
- Increase ability and confidence to develop programming that will include and engage ALL students in learning (physical, social, & emotional)
- Empower teams who come to support others in their school with implementation of inclusive practices

Learning Support Team's Definition of Mental Health:

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

- From Kelty Mental Health