

REPORT TO THE BOARD OF EDUCATION OF SCHOOL DISTRICT NO.46 (SUNSHINE COAST)

STRATEGIC PLAN REPORT: SOCIAL EMOTIONAL / MENTAL HEALTH

Submitted by Director of Instruction Christa Rive
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Goal 1.f. Our students will apply social and emotional skills to successfully live, work, and play together. They will have the resilience and attitudes to deal with life's challenges and to manage their mental health.

OVERVIEW:

Our district has focussed on social and emotional learning and mental health for many years as defined in the Strategic Plan. Additionally, we are guided by the Mental Health in Schools Strategy. We continue to build on existing structures while further developing other areas.

While we continue to build awareness and resilience through the teaching of social and emotional skills and mental health literacy, there are times when more focussed interventions are necessary. One example of a specific intervention is the Violent Threat Risk Assessment. We are fortunate to have two highly trained VTRA facilitators in SD46. These facilitators build capacity through offering training sessions to counsellors, principals, inclusion support teachers and other agencies.

<u>Key Principles</u>	<u>Cultural Responsiveness and Humility</u> <u>Proportionate Responses and Supports</u> <u>Trauma Informed Practices</u> <u>Strengths Based Approaches</u>		
<u>MENTAL HEALTH IN SCHOOLS STRATEGY</u>			
<u>Strategies</u>	<u>Compassionate Systems Leadership</u>	<u>Capacity Building</u>	<u>Mental Health in the Classroom</u>
	<ul style="list-style-type: none"> <u>Compassionate Systems Leadership</u> <u>Adult Well-Being</u> 	<ul style="list-style-type: none"> <u>Mental Health Literacy</u> <u>Social and Emotional Learning</u> <u>Resilience</u> <u>School Connectedness</u> <u>Play</u> 	<ul style="list-style-type: none"> <u>Comprehensive School Health</u> <u>Core Competencies</u> <u>First Peoples Principles of Learning</u> <u>Physical and Health Education Curriculum</u>

SYNOPSIS OF THIS YEAR'S INITIATIVES:

Compassionate Systems Leadership SD46

- Compassionate Systems Leadership: DIST Brene Brown's, Dare to Lead
- Early Learning Team – Compassionate Systems Training into practice
- Staff Wellness District Group – School wellness initiatives and grants. Year 2



Compassionate Systems Leadership

- Compassionate Systems Leadership
- Adult Well-Being

MHIS: Capacity Building SD46

- Mental Health First Aid training
- Mental Health Literacy
- CPI training
- MDI/YDI training
- Violent Risk Threat Assessment (VTRA) training: Level 1 and 2

Capacity Building

- Mental Health Literacy
- Social and Emotional Learning
- Resilience
- School Connectedness
- Play

Mental Health in the Classroom SD46

- Kimochis: Social and Emotional Learning Core Competencies
- Ongoing teaching/learning First Peoples Principles of Learning
- EASE training
- Mental Health Literacy
- SOGI: District, and school groups

Mental Health in the Classroom

- Comprehensive School Health
- Core Competencies
- First Peoples Principles of Learning
- Physical and Health Education Curriculum

DATA ANALYSIS AND REVIEW:

MDI and YDI data provide valuable information and student voice.

<http://earlylearning.ubc.ca/mdi/>

RESOURCES/BUDGET:

Mental Health in Schools Grant: \$108 000.

The grant is distributed to support the three areas within the mental health grant: Compassionate Systems Leadership; Capacity building; and Mental Health in the Classroom.

EMERGING AREAS OF NEED:

Data indicates that Covid-19 has had an impact on the mental health and well-being of students. Continued work in ongoing social and emotional learning and mental health literacy as guided by the MHIS strategy and our district response to intervention framework will be essential as we work through the pandemic.

ADAPTATIONS/NEXT STEPS:

Mental Health in Schools:

- Ongoing socio-emotional learning K-12
- Continued work within the Mental Health in Schools Strategy
- MDI/YDI training pre and post lesson; assessments completed by March 11th 2022
- Kim Barthel Series: 1-2 sessions
- Mental Health First Aid session 2 offered
- Substance Use Panels Grade 7 students

VTRA:

- Level 1 training: counsellors, principals, community agencies when we can meet in person.
- Level 2 training upon completion of Level 1