

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

STRATEGIC PLAN REPORT: MENTAL HEALTH

Submitted by Director Kate Kerr
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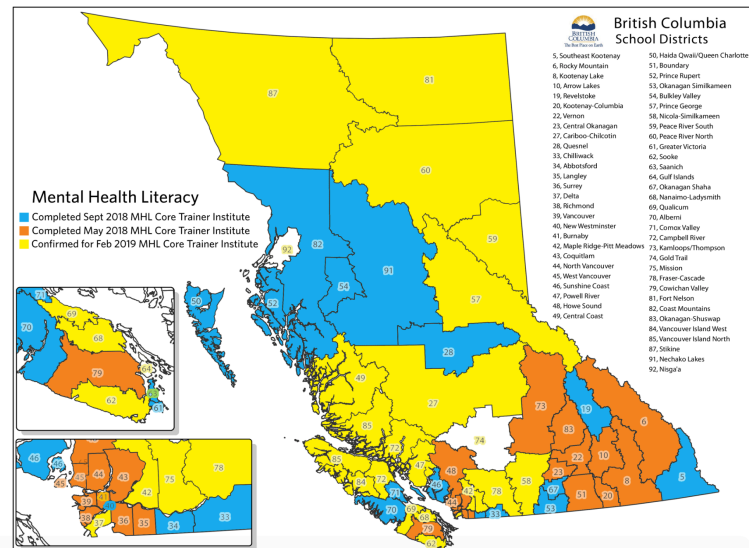
- 1f Our students will develop and apply social and emotional skills to successfully live, work, and play together. They will have the resilience and attitude to deal with life's challenges and to manage their **mental health**.

Background:

One in five young people suffer from a mental illness issue. It often presents during adolescence and, if left unrecognized and untreated, can lead to considerable negative outcomes in physical and mental health, academic and vocational achievement, interpersonal relationships and other important life domains¹. Therefore, a strategic and preventative approach is Mental Health Literacy. Mental Health Literacy encompasses the knowledge, beliefs and abilities that enable the recognition, management or prevention of mental health problems with a range of benefits including early recognition and intervention, and reduction of stigma associated with mental illness. According to the Canadian Mental Health Association, an estimated 3.2 million Canadian youth aged 12 to 19 are at risk of experiencing depression, but only one in five youth who need help access mental health services.

Discussion:

- Mental Health Literacy is being implemented in school districts across the province.
- 4 components of Mental Health Literacy include:
 - ✓ Understanding how to optimize and maintain good mental health
 - ✓ Understanding mental disorders and their treatments
 - ✓ Decreasing stigma
 - ✓ Increasing health seeking efficacy
- Cascade Model of Interpretation
 - ✓ Expert Trainers from each district are trained in an intensive 3-day institute,



- ✓ Expert Trainers from each District provide in-service to develop District Trainers, and
- ✓ District Trainers train school-based Go-To Educators as well as regular classroom teachers.
- 2018-2019
 - ✓ Master Trainer Session (3 educators)
 - ✓ Go-To Educator Training
 - Three Trainings for groups of teachers at Elphinstone (15), Chatelech (15), and Pender Harbour (all)
 - One further training for Go-To trained teachers who were interested in trying to implement the curriculum
 - ✓ Mental Health Literacy with Students
 - Curricular - ex: test taking and anxiety in any course
 - Situational - ex: Angst screening
- Mental Health Literacy Course – ex: grade 9 elective rotation at Chatelech

Next Steps:

- Mental Health Literacy Training
 - ✓ Supporting Student Mental Health – Counsellors'
 - ✓ Mental Health Core Trainer – District Implementation
- Mental Health Literacy District Team
- Prioritizing structural/logistical systems to support delivery of curriculum
- Where does it fit? How is it sustainable?- Involve planning with principals
- Utilize the BC Physical Health Curricular Competencies / Mental Health Literacy Guide Correlations
- Build in training opportunities for Educational Assistants
- Develop connection with community partners and families regarding Mental Health Literacy