

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

STRATEGIC PLAN REPORT: MENTAL HEALTH

Submitted by Director of Instruction Christa Rive
February 8, 2023

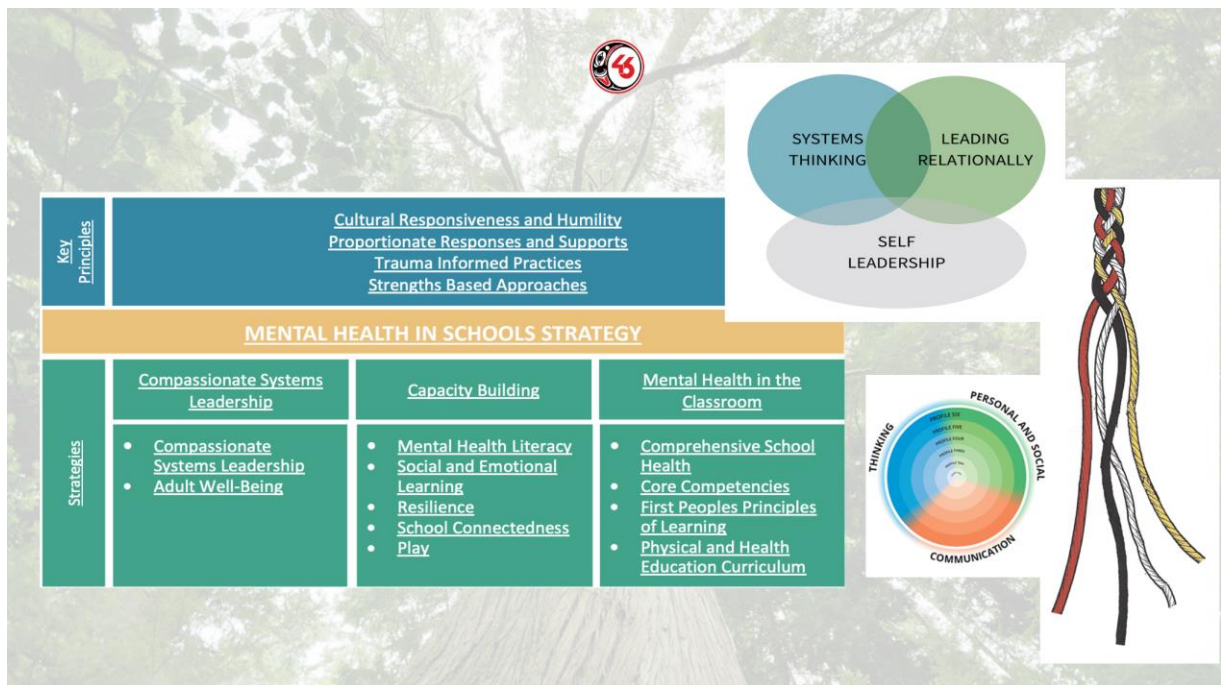
Goal 1.f: Our students will develop and apply social and emotional skills to successfully live, work, and play together. They will have the resilience and attitude to deal with life's challenges and to manage their **mental health**.

Overview:

We have a comprehensive approach in SD46 to ensure that students will develop and apply social and emotional skills to successfully live, work and play together.

Ensouling our Schools, Trauma Informed Practices, Strength Based Approaches and guiding students in the Core Competencies form the Key Principles in SD46.

The Mental Health in Schools Strategy pictured below guides our work.



Further details may be found in the Key Principles and Strategies for K-12 Mental Health Promotion:

- <https://www2.gov.bc.ca/assets/gov/education/administration/kindergarten-to-grade-12/key-principles-and-strategies-for-k-12-mental-health-promotion.pdf>

Synopsis of this Year's Initiatives:

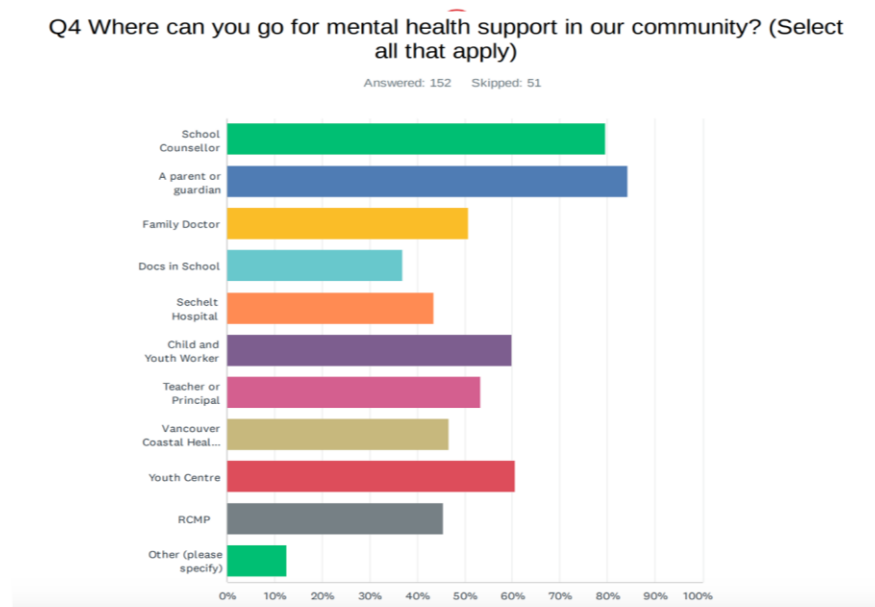
- Mental Health Literacy training, implementation
- Consent and Respect Discussions
- MDI, YDI and McCreary – Data into action
- Career and Post-secondary conversations/support
- Safer Spaces Presentations
- Nature-based Social-emotional learning/counselling
- Zones of Regulation – continue to building classroom capacity (many teachers now do this)
- MindUP
- EASE
- Kimochis Program
- Second Step/Kids in the Know
- Mental Health in schools Grant initiatives (listed below)

Data Analysis and Review:

MDI and YDI data inform programs and initiatives in the areas of socio-emotional learning, Mental Health and resilience.

- <https://earlylearning.ubc.ca/school-district/sunshine-coast/>
- <https://earlylearning.ubc.ca/monitoring-system/ydi/ydi-overview/>

Based on Substance Use/Mental Health Grade 7 panel survey data, current grade 8s could identify a wide variety of adults to access if they needed mental health support.



Resources/Budget:

- Mental Health in Schools Grant \$55,000 - Divided across the three pillars of the Mental Health in Schools Strategy:
 1. Compassionate Systems Leadership: training for Principals; Counsellors; Inclusion Support Services Department; All Inclusion Support Teachers

Adult Well-being: Mental Health First Aid; Enhance Staff Well-being Grant
 2. Capacity Building:
 - Child and Youth Integrative Mental Health Conference
 - CPI Instructor Training
 - Mental Health Literacy Training
 - MDI/YDI pre/post lesson training teachers
 - Canadian Mental Health Conference
 3. Mental Health in the Classroom:
 - Mental Health Literacy Training
 - Consent and Respectful Dialogue CARD program
 - Grade 7 Substance Use and Mental Health Panel
 - MDI/YDI pre/post lessons - students

Emerging Areas of Need:

The Supporting Student Health documents linked below outlines potential emerging areas of need. One of the key components of these documents is in building capacity of classroom teachers and staff. While we already have excellent structures in place in SD46, this is an area we can continue to grow especially as we move towards guiding students in goal setting and the core competencies.

- https://curriculum.gov.bc.ca/sites/curriculum.gov.bc.ca/files/pdf/subject/phe/Supporting_Student_Health_Elementary.pdf
- https://curriculum.gov.bc.ca/sites/curriculum.gov.bc.ca/files/pdf/subject/phe/Supporting_Student_Health_Secondary.pdf

Adaptations/Next Steps:

- Continued learning and development of Consent and Respectful Dialogue program
- Review and respond to feedback for the Grade 7 Substance Use and Mental Health Panel
- Compassionate Systems Leadership development continued with principals, counsellors, Inclusion Support Teachers. All key members of the school-based team will have training. In 2023-4 – CSL focused sessions with SBT teams.
- Socio-emotional learning

- Mental Health Literacy – ongoing training
- Continued development of universal classroom socio-emotional learning, resilience, mental health awareness through core competencies