

COMOX VALLEY SCHOOLS

Mental Health

Update



Comox Valley Schools

A Community of Learners

INNOVATIVE • INQUISITIVE • INCLUSIVE

February 2021

BIG PICTURE

HELPING STUDENTS HELPING COMMUNITY

Mental Health and well being are so much bigger than one person. They include every part of our lives. When people have the right tools and supports in place, they can flourish regardless of health problems.

When people do not have the support they need or are excluded, the entire community suffers.

- Canadian Mental Health Association BC Division

COMOX VALLEY SCHOOLS

A young woman with long dark hair is standing in a crowd, covering her face with both hands. She is wearing a light-colored jacket over a striped shirt and dark pants. The background is a blurred crowd of people, suggesting a busy public space. The entire image is overlaid with a semi-transparent blue filter.

1 in 5

youth worldwide will experience a mental illness before they turn 25.

About Mental Health



WHY WE CARE

Approximately **1 in 5** youth worldwide will experience a mental illness before they turn 25. This makes adolescence a critical time for mental health promotion, prevention, early identification and intervention. Not addressing these issues leads to negative short and long term outcomes. Mental health literacy is foundational for all mental health improvements.



“

Our goal for school mental health is to improve mental health literacy among students, educators and school staff.

COMOX VALLEY SCHOOLS - STRATEGIC PRIORITY PLAN

Definition

Understanding how to foster and maintain good mental health.

Understanding mental disorders and their treatments.

Ministry Focus

School Community Mental Health Conferences

Mental Health Grants

Go to Educator Training

Pathway to Hope

Compassionate Systems Leadership

Support school communities

Provide capacity building

Maintain calm, safety and kindness



Mental Health Literacy

Timeline

Environmental Scan with PVPs
04/17

Mental Health School Community Conference
05/17

Received Mental Health Grant from MOE
06/17

Established Steering Committee
11/17

Second Annual Mental Health School Community Conference
06/18

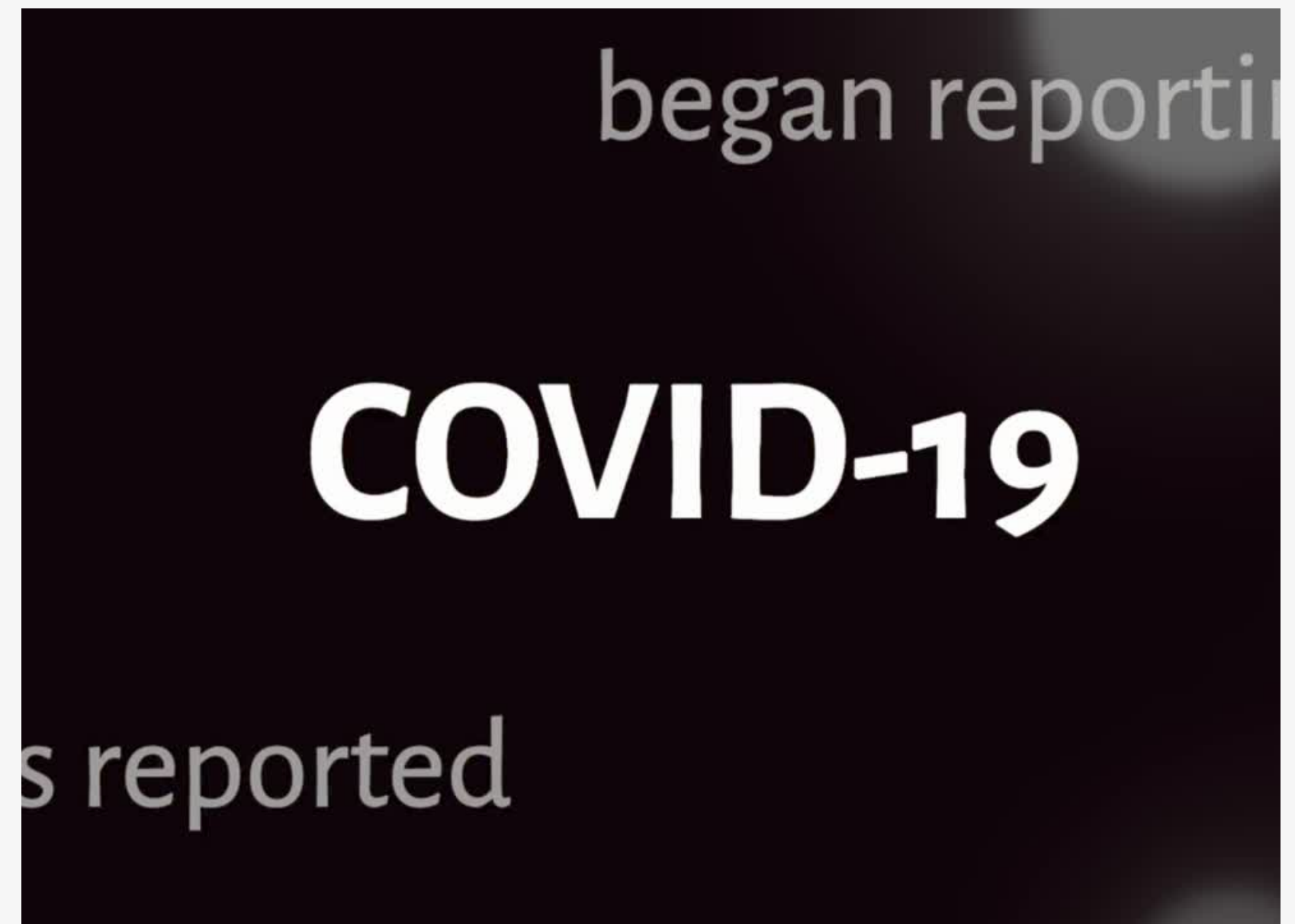
Mental Health Curriculum Train the Trainers UBC
09/18

Mental Health Curriculum Training - Grade 9 School Teams
04/19

Mental Health Grant
09/19

Mental Health Literacy Plan: Design & Implementation
04/20

And then...



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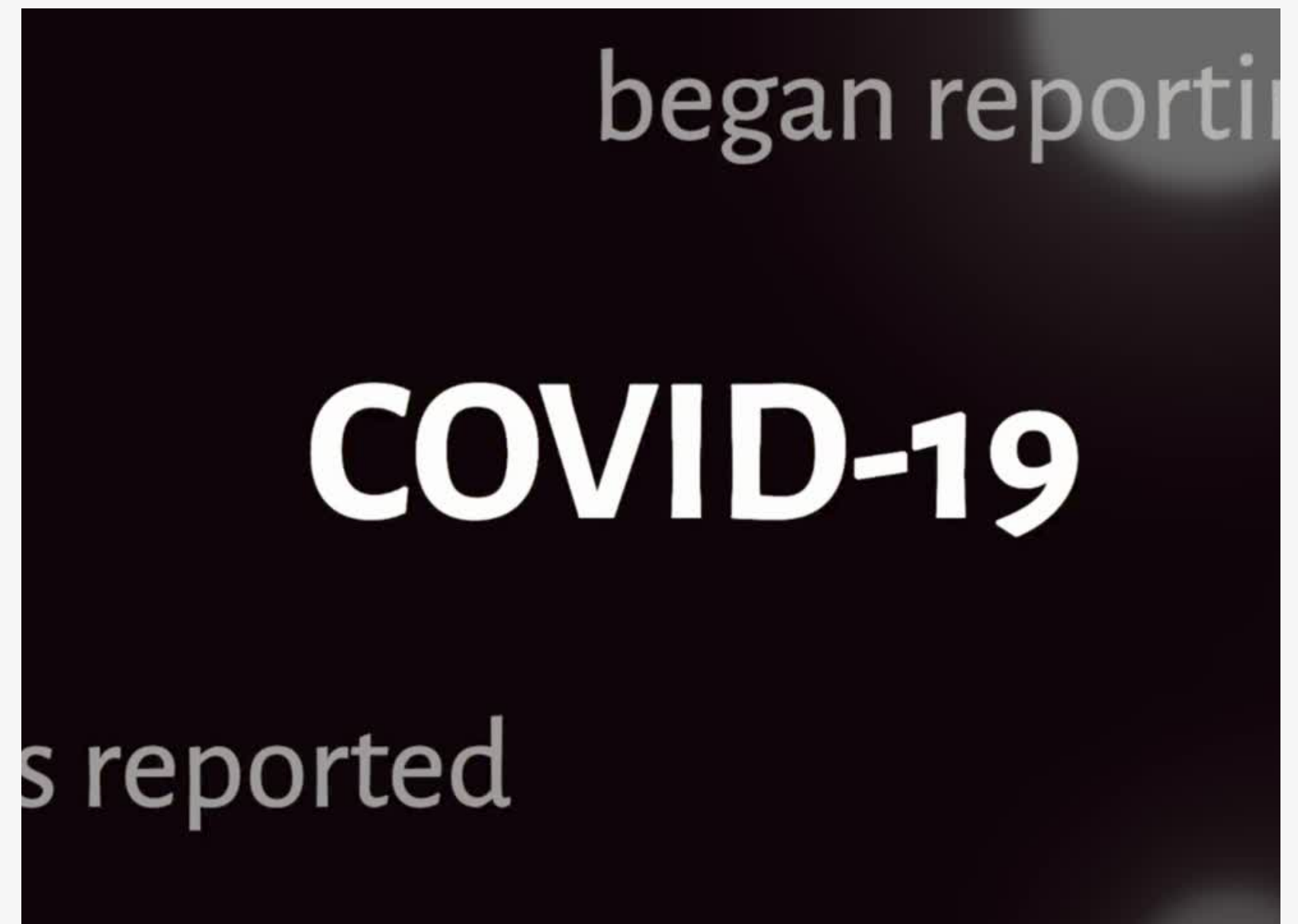
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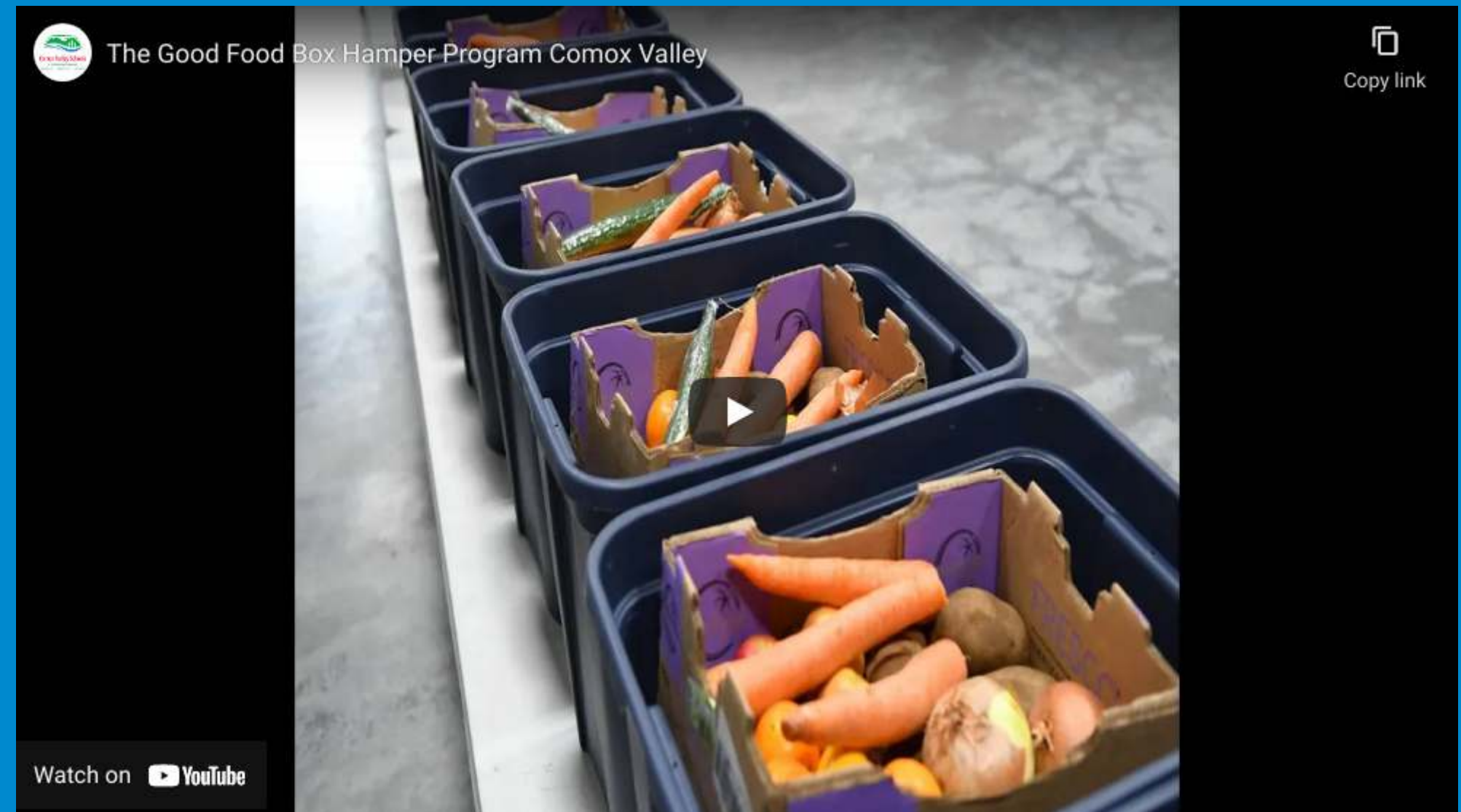


COVID-19 Return to School

WHAT WE DID

- Connected with families and generated a list of vulnerable students.
- Maintained connections with those students and families.
- Developed a Resource Guide to help families navigate the support systems in our community.

- Partnership with Lush Valley



KIM BARTHEL - AUTHOR, TEACHER, SPEAKER

PRESENTS

A FACILITATED
CONVERSATION
WITH PARENTS



Open to all
District Parents
& Guardians

SENDING OUR
CHILDREN TO
SCHOOL - WHAT

THURSDAY, MAY 21st
6:30 TO 8 P.M.
LIVE STREAM SESSION
VIA ZOOM

COVID-19 Return to School

WHAT WE DID

- Mental Health Curriculum made available to counsellors, youth and Family Support Workers, EAs, Admin Assistants. and Teachers
- Trauma Informed Practice Session made available
- Kim Barthel sessions for PVPs, staff and parents to address anxiety with the return to school during a pandemic
- Safer Schools session: Returning to School with a Trauma Informed Lens

COVID-19 Return to School

- Compass Mental Health Program – Children's Hospital provided a session for Elementary & Secondary Teachers
- BC School Centered Mental Health Coalition: Compassionate Systems Leadership
- Compiled a bank of useful websites: ERASE, Youth Mental Health, Mental Health Canada, Canadian Mental Health Association of B.C., Hand in Hand Parenting, Anxiety Canada

Comox Valley Schools

as of April 7, 2020

COVID-19 Resource Guide for Families

**Feeding
Programs**

Need assistance?
Don't know where to
turn to or who to call
for help?

**Parenting
Support**

We created a guide to
connect families with
the many resources
available in our
community during the
COVID-19 restrictions,
self isolation and
social distancing
measures.

**Mental
Health**

**Medical
Support**

... and more



Visit online daily for updates
www.comoxvalleyschools.ca



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MENTAL HEALTH KITS

NEWS



District mental health kits created by Learning Resource Centre will support and enhance schools and teachers in educating students about the diverse range of topics related to mental wellness.

[Mental Health Kits](#)

COMOX VALLEY SCHOOLS NEWS



RETURN TO SCHOOL

COUNSELLING SERVICES

Students are anxious, parents are anxious, teachers are anxious. Elementary counsellors work in collaboration to create a set of training sessions around the return to school and anxiety.

EVERYDAY ANXIETY STRATEGIES FOR EDUCATORS (EASE) BC

Available to teachers, support staff and parents. Supplemental EASE resources were made available to those schools where at least 5 staff members completed the course.

MENTAL HEALTH RESOURCE KITS

Prepared by the Learning Resource Centre (LRC) in conjunction with elementary counsellors to aid educators on various topics related to mental health.

SERVICES & PROFESSIONALS

Student Services Low Incidence Team created Kindergarten Start-Up kits for all K-teachers

Jody Carrington: *Kids These Days*

Jennifer Mervyn: *Trauma Informed Practice*

Catherine Leppanen: *Strengthening the Social Mind*

Inner Explore Meditation Program offered to all classrooms

ASSIST (Suicide Prevention) program available to all District counsellors



INITIATIVES IN OUR DISTRICT & SCHOOLS

COLLABORATION

Mental Health/District Counsellor Facebook page

District Counsellors Corner Newsletter

Weekly Girls groups

Outreach work with families

Mental Health Challenge

Peer Support Program

Sessions on substance abuse, self esteem,
anxiety & depression

SUPPORT

Boys Group in Partnership with John Howard Society

Queer and Allies Club

Leadership School Projects

Peer Leaders

Team-based support for Students

Foundry Centre Advisory Group

Foundry Youth Peer Facilitation

Jack.org (Vanier Chapter)

STILL MORE INITIATIVES IN OUR DISTRICT & SCHOOLS

Mental Health Inquiry Projects

Virtual Youth Centre - Community School Society

Counsellor Meet and Greet

Term 3 Grade 9 Mental Health Unit

Grade 8 - 9 Leadership

Talking Circles

ISPARC - Healthy Living Leader

Board Games Club

Indigenous Girls Group

Soup Making with Indigenous Support Workers

Boys & Girls Club Mentoring Program

School Gardens

Chess Club; Knitting Circle

COPE Program

Gratitude Tree

Mindfulness & Kindness Sessions

Responding to Worry and Anxiety

Outdoor Learning and Playing Spaces

Federal Funding - Prioritizing Mental Health



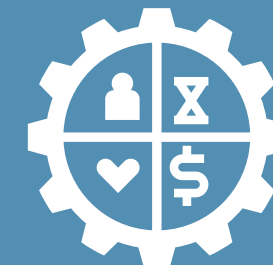
STAFF

Added . 5 FTE to Outreach
Counsellor
Added .5 FTE to counselling



YOUTH AND FAMILY PROGRAM

Added three (3) elementary
worker positions
Added one (1) Indigenous
worker position

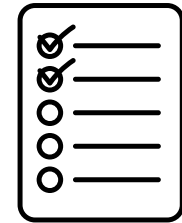


RESOURCES

Added \$50,000 to Mental
Health Resources.

Moving Forward with Community Partners

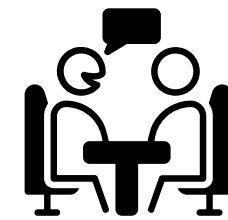
COMOX VALLEY SCHOOLS



Mental Health Literacy Plan

Explore:

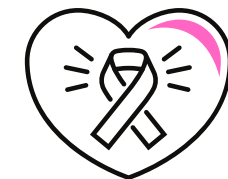
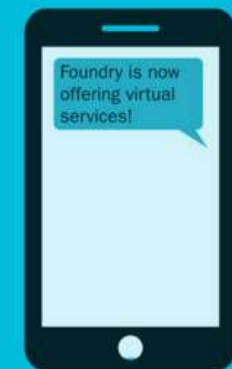
- District-wide Implementation
- Build capacity, competency and confidence in educators



Foundry Comox Valley

INTRODUCING FOUNDRY'S VIRTUAL SERVICES!

We now offer virtual drop-in counselling sessions, peer support check-ins and group offerings to young people ages 12-24 and their caregivers!



Pathways to Hope

A Pathway to Hope:

A roadmap for making mental health and addictions care better for people in British Columbia





N E X T

SURVEY, REVIEW, RECONVENE

Reconvene the Mental Health Steering Committee
Review McReary Report results.

Survey schools:

- How's it going?
- What is working?
- What are your challenges?
- How can we support you?



S T E P S

COLLABORATE, SUPPORT, IMPLEMENT

Bring teachers together for feedback and refresher.
Introduce the Teacher Knowledge Update
Begin training with new groups: Alternate teachers;
Champions; YFPW; Administrators; Indigenous Ed; &
Secondary Counsellors
Design and Implement Mental Health Literacy Plan
Support Inquiry Projects.

Acknowledgements

WE'RE IN THIS TOGETHER

- Elementary & Secondary Counsellors
- Youth and Family Program Workers
- EAs
- ISW's
- Administrative Assistants
- Classroom Teachers
- Principals and Vice Principals



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