

mental health in schools

CONNECTIONS

CONFERENCE | MAY 2-3, 2023

 **wifi** | SHERATON CONFERENCE **password** | MHISC2023

 **BRITISH COLUMBIA** | Ministry of Education and Child Care

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Welcome.

Maria LeRose

MODERATOR



Territory Welcome and Acknowledgment



mental health in schools.

CONNECTIONS



BRITISH COLUMBIA | Ministry of Education
and Child Care

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A SAFE EDUCATION

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Please share your thoughts.

What's on your mind

Thoughts? ideas? Are there mental health/substance use related opportunities or needs coming up in your schools and in your discussions? Let us know!

Something that came up at my table...

I am noticing...

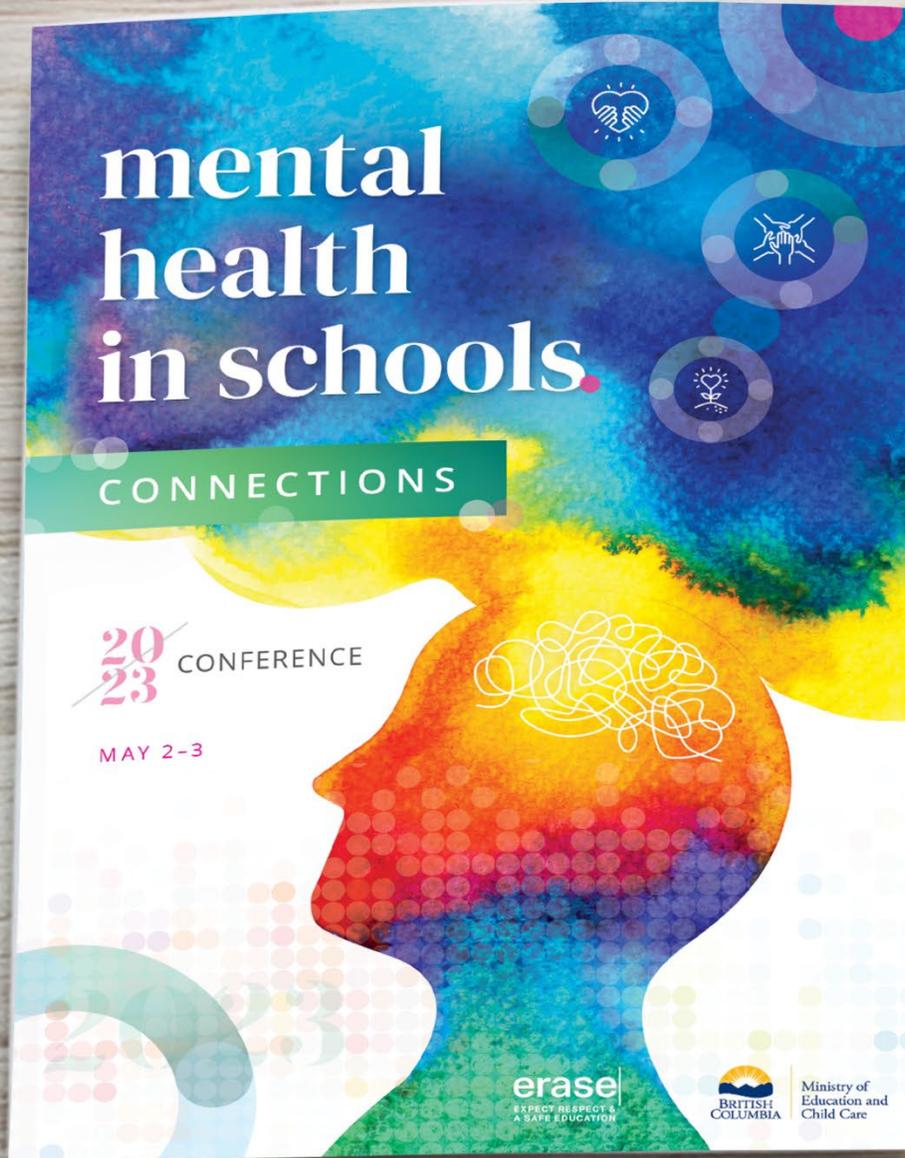
In our schools...

I am curious about...

2023

mental health in schools | CONFERENCE

Department of Education and Child Care
Ministry of Education and Child Care
erase EXPECT RESPECT & SAFE EDUCATION



DAY 1

Agenda. TUESDAY May 2, 2023



- 7:30-8:30am Doors Open - Registration + Breakfast**
- 8:30-8:45am **Maria LeRose - Welcome**
Moderator
Territorial Welcome and Acknowledgment
- 8:45-9:00am **Participant Activity - Intention Setting**
- 9:00-9:15am **Honourable Rachna Singh - Opening**
Minister of Education and Child Care
- 9:15-9:25am **Youth Voice**
- 9:25-10:30am **Dr. Michael Ungar**
TOPIC: How Schools, Families and Communities Build Children's Resilience
- 10:30-10:45am Health Break + Networking**
- 10:45-11:45am **Dr. Allison Briscoe-Smith**
TOPIC: Bridging Differences: Strategies for Connecting Across Our Divides
- 11:45-11:55am **Jennifer McCrea - Assistant Deputy Minister**
Ministry of Education & Child Care, System Liaison & Supports
TOPIC: Mental Health in Schools 2023/24
- 11:55-12:30pm **Mental Health in Schools - Priority Setting**
- 12:30-1:30pm Lunch Break**
- 1:30-2:30pm **Youth Voice - Youth**
TOPIC: Youth Representatives as Champions for Mental Health in Schools and Community
- 2:30-2:45pm Health Break + Networking**
- 2:45-3:45pm **Dr. John-Tyler Binfet**
TOPIC: The Science Behind Being Kind: Implications for Educators, Students and School Communities
- 3:45-4:05pm **Honourable Rachna Singh**
Minister of Education and Child Care
Honourable Jennifer Whiteside
Minister of Mental Health and Addictions
TOPIC: Conversation with Maria LeRose
- 4:05-4:15pm **Closing Reflections**



Ann McKay Bryson

ENGAGEMENT FACILITATOR

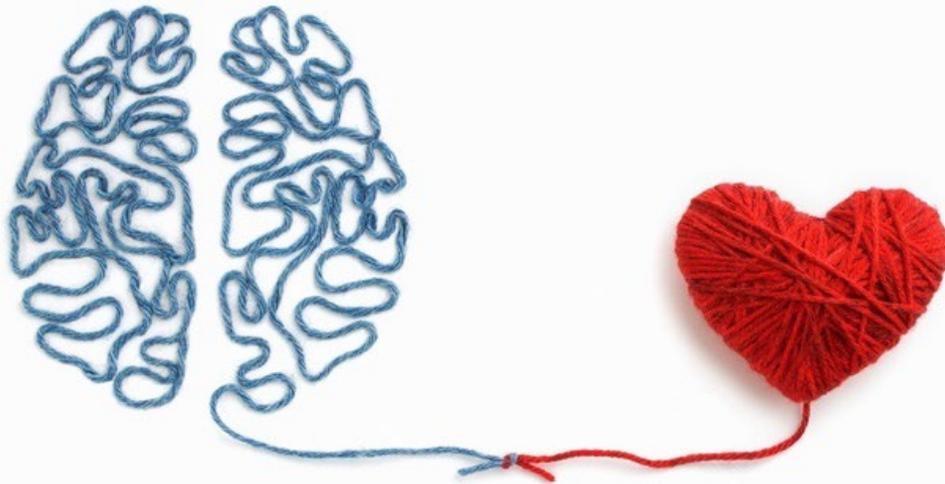








Principles for Holding our Social Field.



(From the work of Parker Palmer)

- Extend and receive kindness
- Everything is an invitation, not a demand
- Speak your truth, respectfully
- No fixing, advising or correcting others
- Allow yourself to wonder, not judge
- Observe deep confidentiality



Think *and* Ink.

INTENTION SETTING





Hon. Rachna Singh

MINISTER

Ministry of Education and Child Care





Resilience

Through Their Eyes

<https://youtu.be/peUzEr9q2k8>





Think *and* Ink.

WHAT RESONATED?





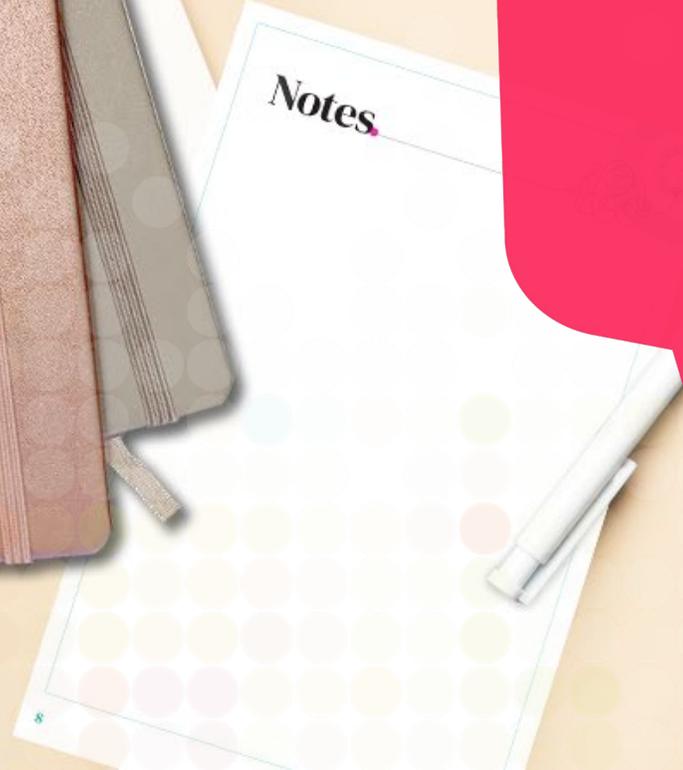
Dr. Michael Unger

How Schools, Families and Communities Build Children's Resilience.





Think *and* Ink.





"One of our
greatest freedoms
is how we
react to
things"



Let's take a 15 minute

Health break.





Dr. Allison Briscoe-Smith

Bridging Differences: Strategies for Connecting Across Our Divides.





Jennifer McCrea

ASSISTANT DEPUTY MINISTER
SYSTEM LIAISON + SUPPORTS DIVISION

Ministry of Education & Child Care

Mental Health in Schools 2023/24.





erase | Priorities.

erase
EXPECT RESPECT &
A SAFE EDUCATION

PRIORITY	RESPONSE
Mental Health	<i>MHiS Strategy and action items</i>
Substance Use	<i>Harm reduction approach & supports</i>
Student Safety	<i>Safety services, erase training, Report It</i>
SOGI	<i>Targeted Supports & capacity building</i>
Anti-Racism	<i>Anti-Racism Action Plan</i>
Gender-Based Violence	<i>GBV curriculum supports</i>



School Based MHSU: *A Pathway to Hope.*

ECC lead

Mental Health in Schools

Joint MMHA/ECC (and partners)

Integrated Child and Youth Teams

A Pathway to Hope:

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



IMPROVED WELLNESS FOR CHILDREN, YOUTH AND YOUNG ADULTS

Support for pregnant individuals and parents with substance use challenges

Promote early childhood social emotional development

Enhance programming in early childhood centres

Expand Confident Parents: Thriving Kids

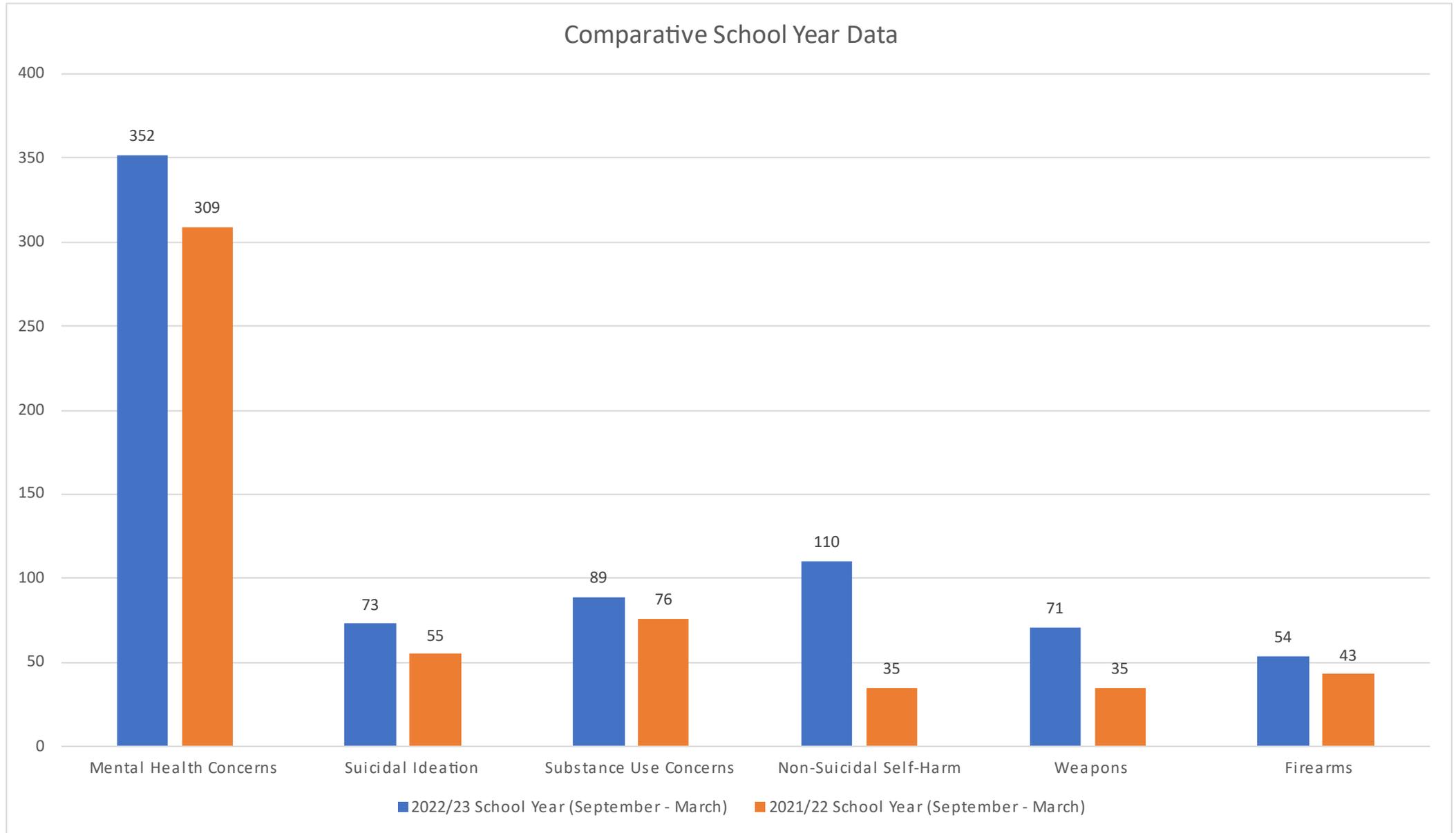
Expand Foundry Centres

Mental health in schools

Establish Integrated Child and Youth Teams

Step up/down: Specialized care home beds and intensive day programs

Worrisome Online Behaviour Report Data

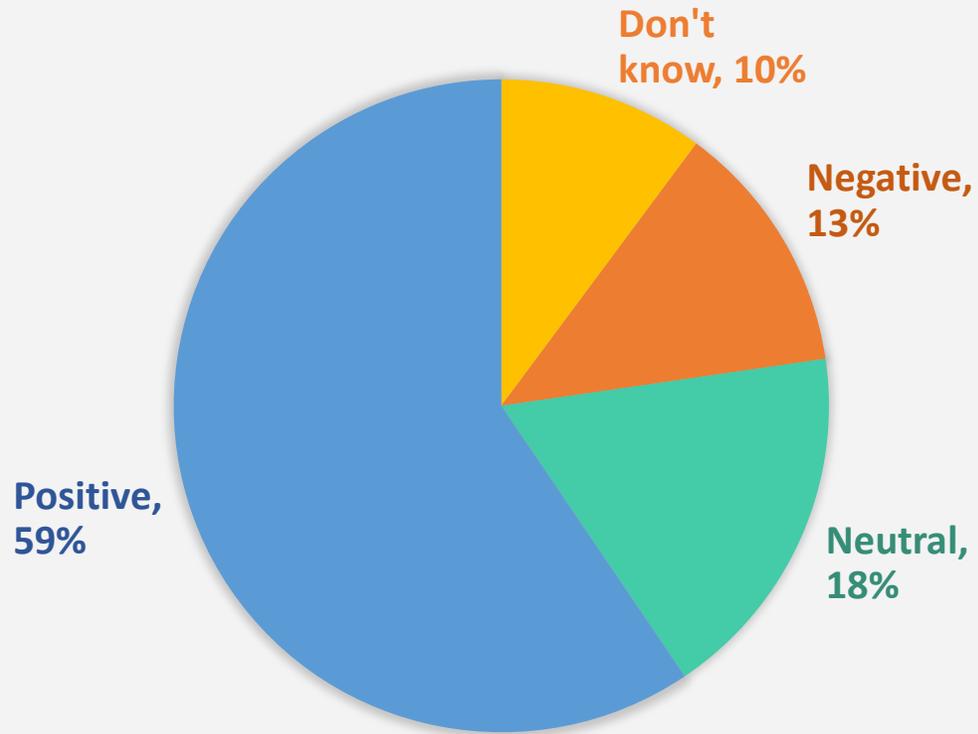


Mental Health in Schools: *Student Learning Survey*

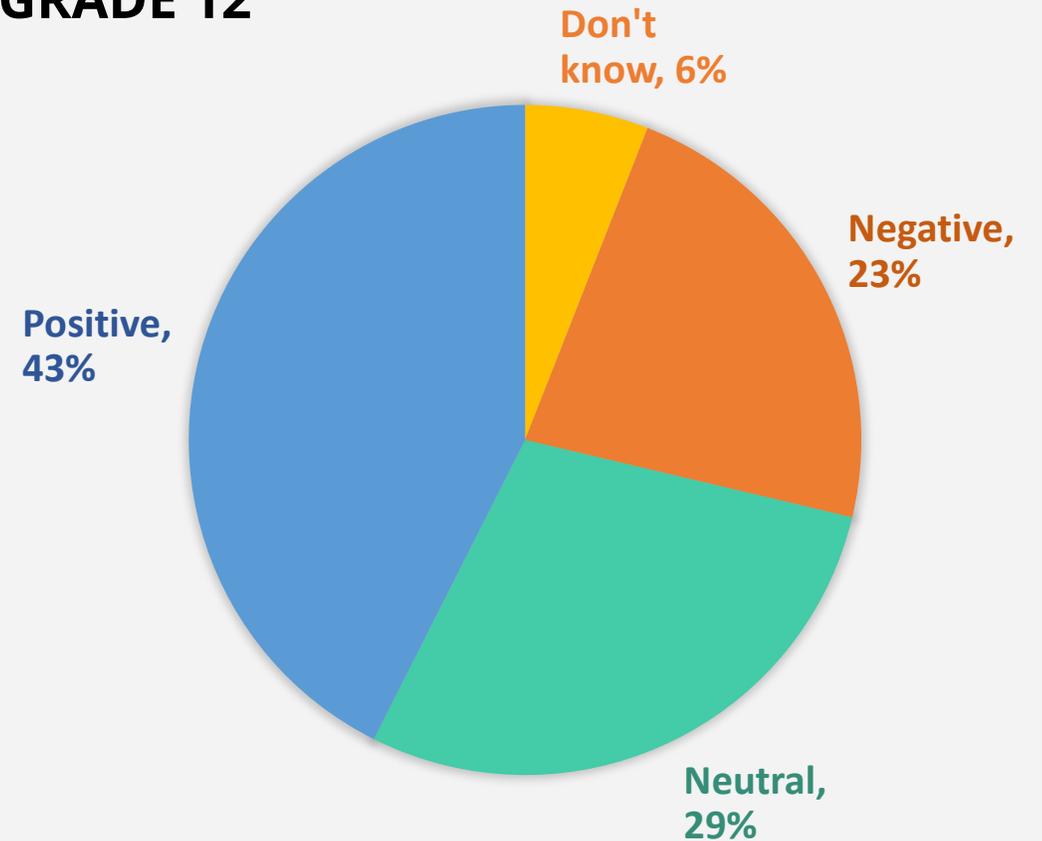
How would you describe your mental health?



GRADE 7



GRADE 12

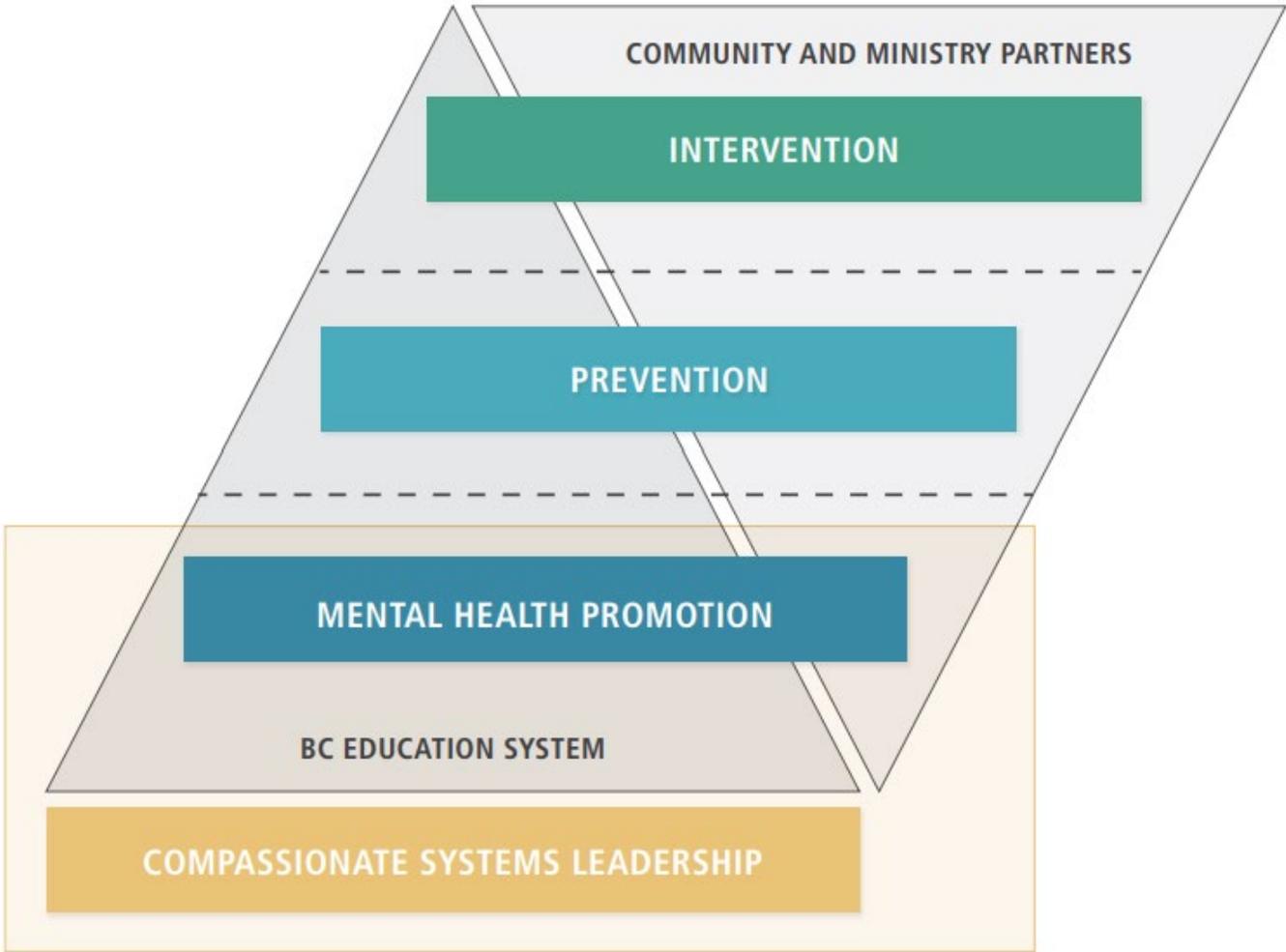


Research in the Field

- McCreary – Adolescent Health Survey – *survey administered January – May 2023*
- MCFD – *Children’s Forum*
- Provincial Health Office – *Is Good Good Enough Report; update in concept phase*
- BCCDC
 - *Survey on Population Experiences, Action and Knowledge (SPEAK) Survey; third iteration launches end of April*
 - *Examining the Societal Consequences of COVID 19 Project: a series of reports on the health of the population during the pandemic*
- Youth Development Instrument (YDI) – *measuring predictors of positive youth well-being, mental health and development*
- BCCAISE partnership focused on mental health and inclusive education intersection
- Ministry of Education and Child Care: *Student Learning Survey, mental health grant reporting, erase reports*



Mental Health in Schools Approach



WORKING DEFINITIONS

Promotion

Actions that enable increased control over and improvement to health and relationships

Prevention

Actions that focus on a specific issue to prevent it from happening

Intervention/Response

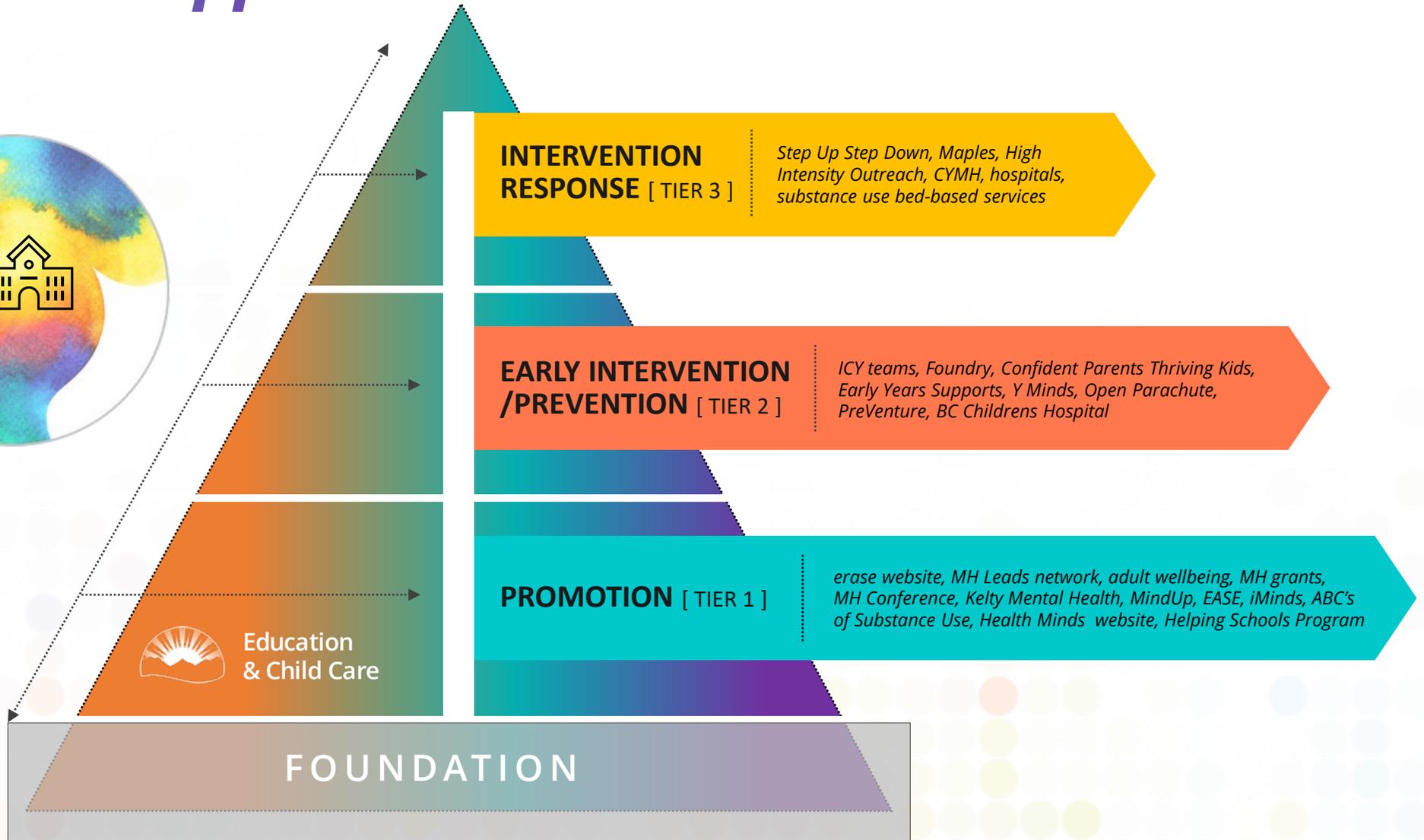
Actions that ensure the response to an issue is timely and appropriate



Mental Health in Schools Strategy

- Launched September **2020**
- Vision and pathway for **mental health promotion** in K-12 education system
- **Embeds positive mental health** in all aspects of the education system
- Focuses on **three elements**:
 - *Compassionate Systems Leadership (CSL)*
 - *Capacity Building*
 - *Mental Health in the Classroom*
- Identifies **key actions**

Mental Health & Substance Use – Schools Supports



Mental Health & Substance Use *Active Planning*



**Research +
Analysis**

*What has been working well? Where are your gaps?
What should we celebrate?*

**Strategic
Planning**

*What are SD's, schools, communities, partners **TOP 3**
Mental Health in Schools goals for the 2023/24 year?*

Implement

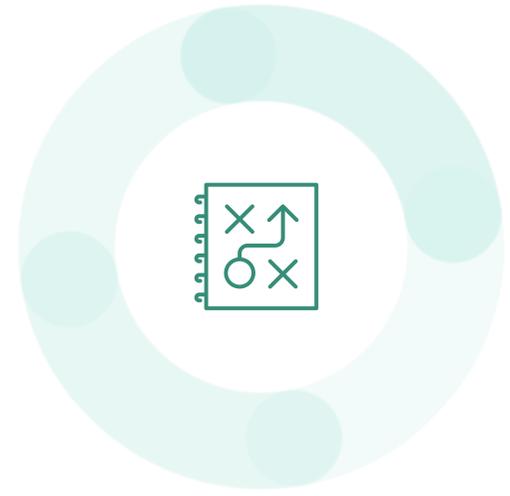
*How will we get there?
How will we know when we **HAVE** gotten there?*





Mental Health & Substance Use

Active Planning



**Research +
Analysis**

*What has been working well? Where are your gaps?
What should we celebrate?*





WOW *Excellent* *brilliant!*
Congrats! **awesome** *bravo*
thumbs up! *Wonderful*
you're amazing **WELL DONE!** *keep it up!*
NICE WORK
great!



Building Capacity

gaps

Celebrations

Learnings

positive outcomes

RELATIONSHIPS

connections



**Give one...
get many.**





"I'm so small," said
the mole.



"Yes," said
the boy.
"but you
make a huge
difference."

Let's take a 60 minute

Lunch break.



Youth voice.

*Youth representatives as
Champions for Mental Health
in Schools and Community*





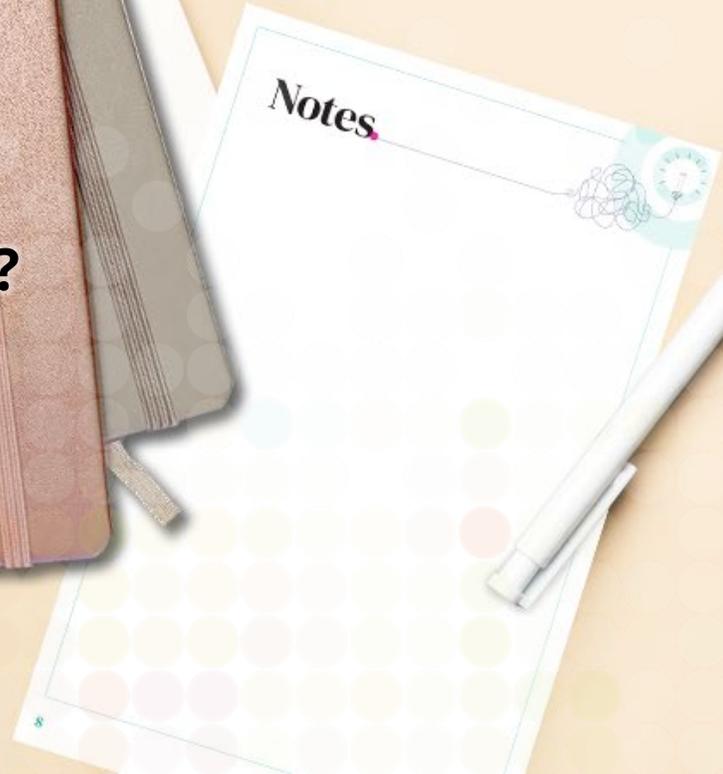
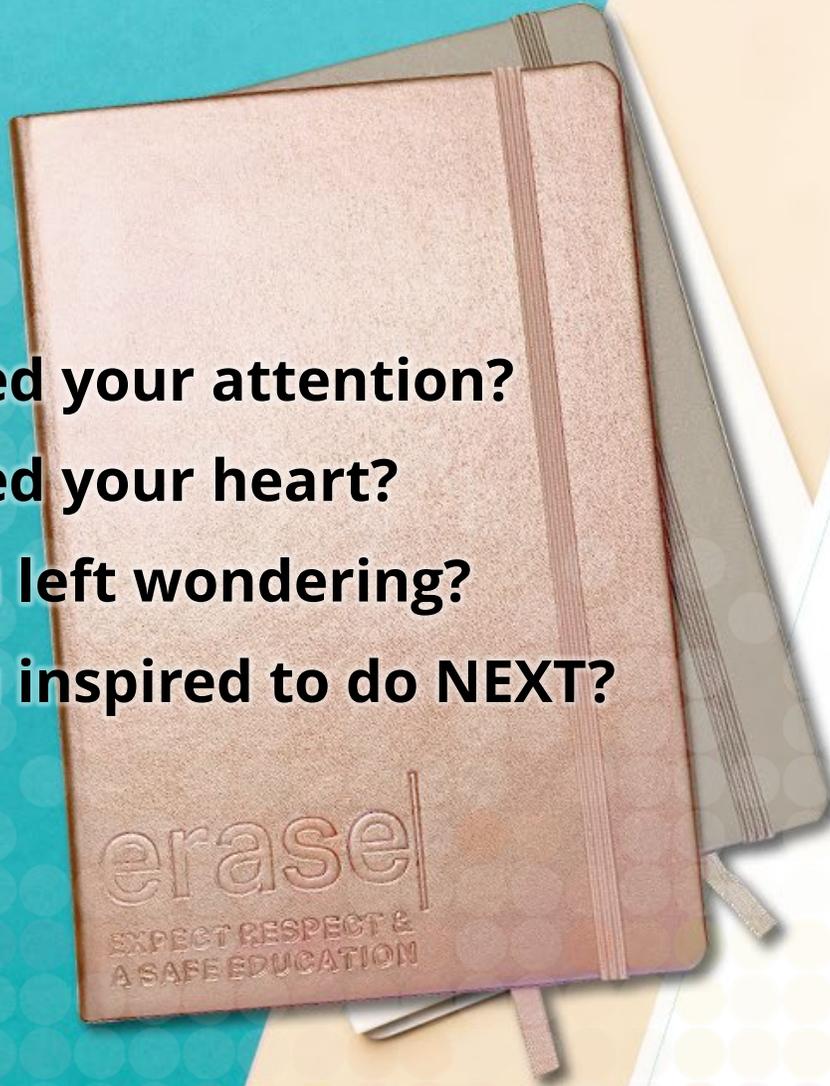
Sophia K
Joshua
Quinton
Sophia V
Vicky
Soren
Rheanna

Art Steinmann
– Facilitator





**What captured your attention?
What captured your heart?
What are you left wondering?
What are you inspired to do NEXT?**



Think *and* Ink.



"What do you want to be
when you grow up?"



"Kind" said the boy

Let's take a 15 minute

Health break.



Dr. John-Tyler Binfet

*The Science Behind Being Kind:
Implications for Educators, Students
and School Communities.*





**Hon.
Rachna Singh**

MINISTER
*Ministry of Education
and Child Care*



**Hon.
Jennifer Whiteside**

MINISTER
*Ministry of Mental Health
and Addictions*



Capturing the day...



JOIN AT:

slido.com
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Have a restful evening.

See you tomorrow at 8:30am.

