

# mental health in schools

CONNECTIONS

CONFERENCE | MAY 2-3, 2023

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



BRITISH COLUMBIA | Ministry of Education  
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**erase** | EXPECT RESPECT &  
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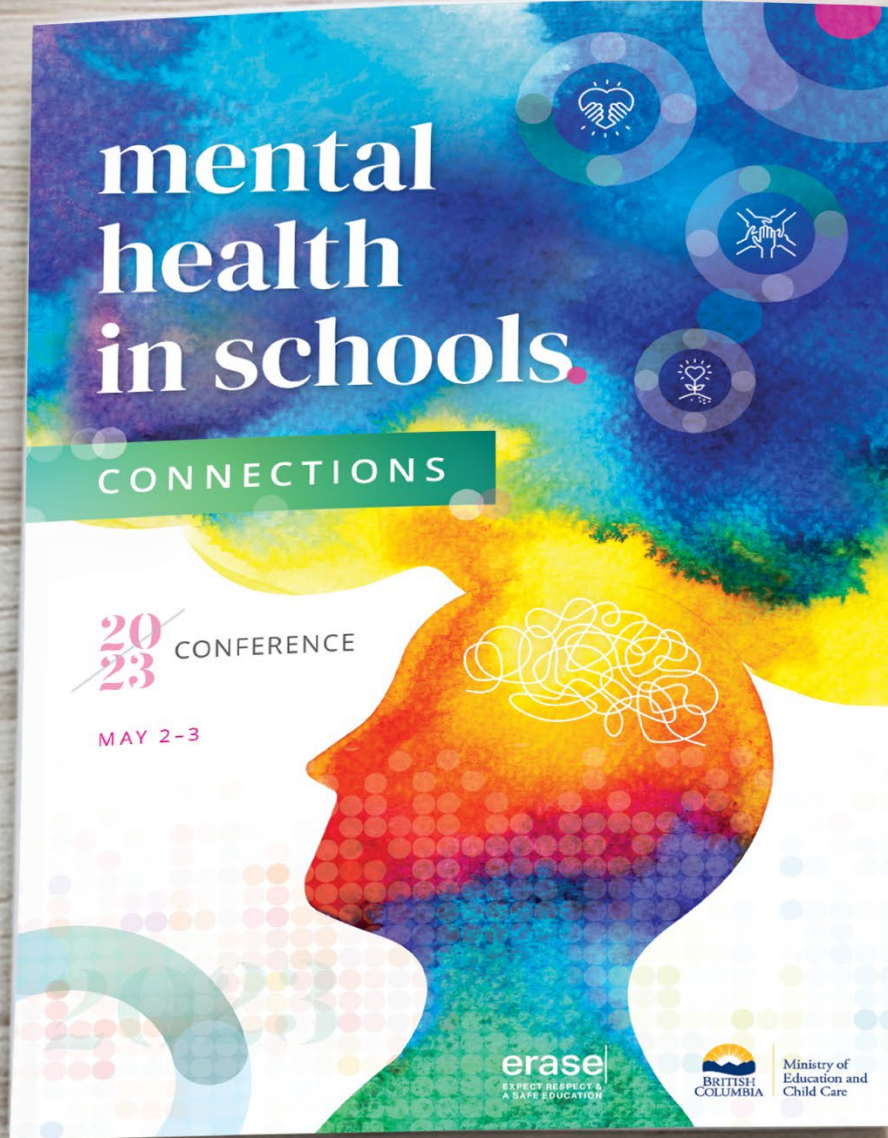




# Welcome back. DAY 2







DAY 2

**Agenda.** WEDNESDAY May 3, 2023



- 7:30-8:30am Doors Open - Breakfast**
- 8:30-8:50am** Maria LeRose - *Welcome*  
*Moderator*  
*Territory Welcome and Acknowledgment - Reflect and Connect*
- 8:50-10:00am** Monique Gray Smith  
TOPIC: *Connecting with Light Hearts*
- 10:00-10:20am Health Break + Networking**
- 10:20-11:20am** Dr. Kimberly Schonert-Reichl  
TOPIC: *Leveraging Systemic Social and Emotional Learning to Promote the Well-being of Educators and Students - What do we know? and Where do we go from here?*
- 11:20-12:00pm** Mental Health in Schools - *Team Priority Planning*
- 12:00-1:00pm Lunch Break**
- 1:00-2:30pm** Public and Independent School Representatives  
TOPIC: *Perspectives from the Field Panel Discussion - What is working, what are we continuing to grow and lessons learned (Includes: Integrated Child and Youth Teams and Compassionate Systems Leadership)*
- 2:30-3:05pm** Dr. Bonnie Henry and Dr. Danièle Behn Smith  
TOPIC: *Youth Mental Health in B.C.*
- 3:05-3:30pm** Closing Reflections

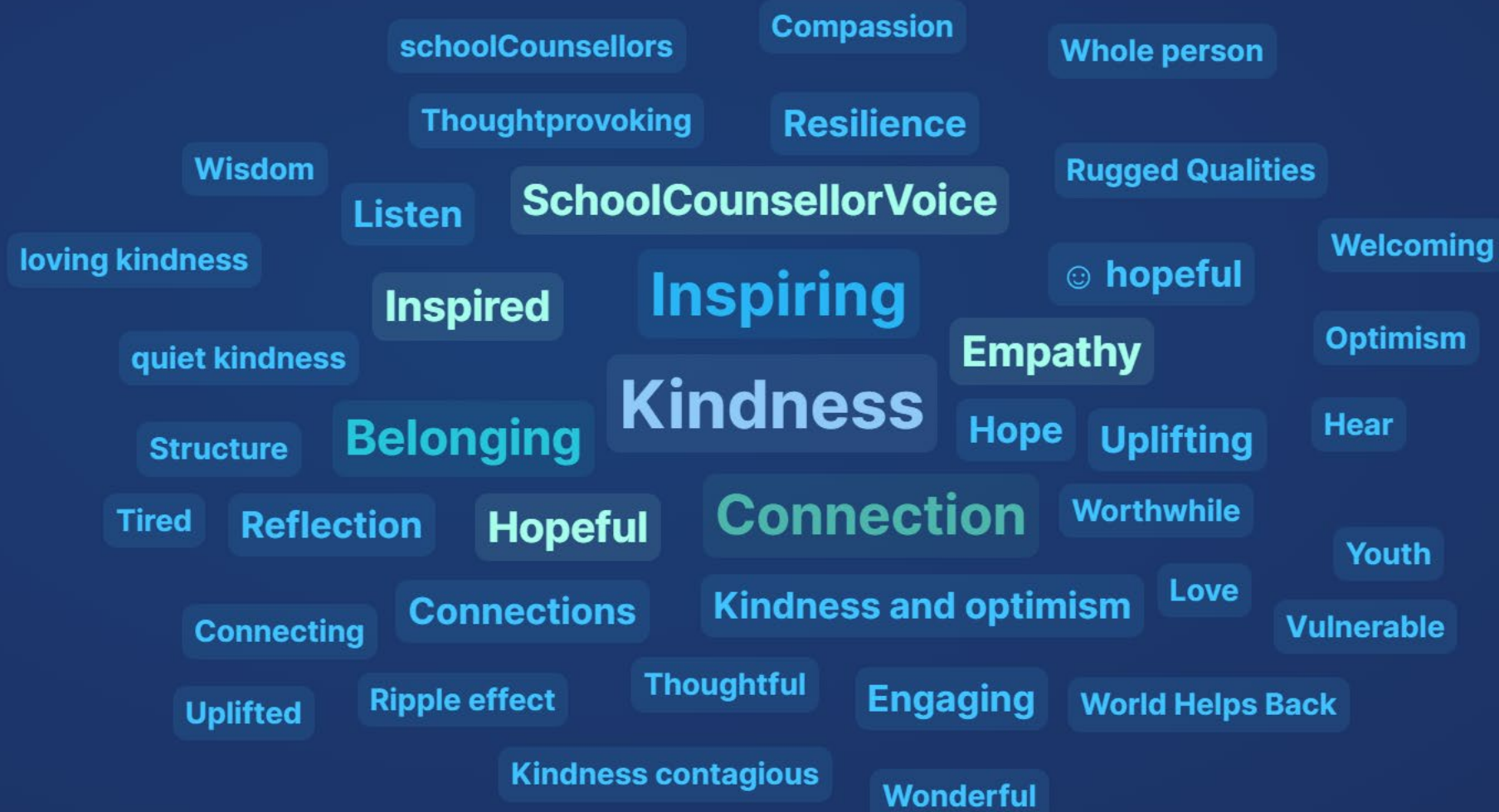


Thoughts? Ideas?  
Fill out our survey and let us know!

[mhisc/survey](https://mhisc/survey)



## Capturing the Day



Join at  
**slido.com**  
**#1524 992**



# Nisga'a School District Song



Written by GALKSI-DE'ENTKW  
(Peter McKay) District Principal  
Indigenous Education

Luu'aamhl goodiy' wil w'itgwiniis,  
K'oomaxgwiy' dim k'amgwiitgwiniis  
K'am ligii hahlhahl,  
Dim mi luu-gakshl goodin,  
ay ya hii ha, ay ya hii ha....

ay ya hii ha, ay ya hii ha,  
ay ya hii ha, ay ya hii ha,  
ay ya hii ha, ay ya hii ha,  
ay ya hii ha, ay ya ha hii ha

*I am delighted that you are here.*

*It is my hope that you will receive everything that  
your heart desires.*



# Where I work...



# mental health in schools.

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# Monique Gray-Smith

*Connecting with Light Hearts.*







"Isn't it odd. We can  
only see our outsides, but  
nearly everything happens on  
the inside."



**Let's take a 20 minute**

**Health break.**



## Dr. Kim Schonert-Reich

*Leveraging Systemic Social and Emotional Learning to Promote the Well-being of Educators and Students.*

*What do we know? and  
Where do we go from here?*



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# Think *and* Ink.





# Table talk.





"We have such a long way  
to go," sighed the boy



"Yes, but look how far we  
have come," said the horse.

Charlie Mackesy

**Let's take a 60 minute**

**Lunch break.**





# Perspectives from the Field



**Jovo Bikic** – Compassionate Systems Leadership

Assistant Superintendent

School District 42 (Maple Ridge/Pitt Meadows)

**Jeremy Church**

District Principal for Safe and Healthy Schools

North Vancouver School District

**Rav Johal** – ICY

Director of Instruction – Student Services & Data Analytics

Richmond School District No. 38

**Peter McKay** – Compassionate Systems Leadership

District Principal of Indigenous Education

Nisga SD 92

**Jamie Morris** – FISA

Federation of Independent Schools Association



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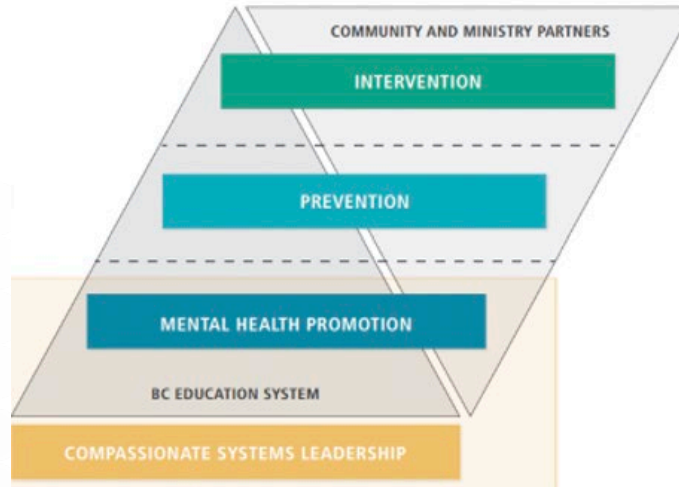
District Principal of Indigenous Education

Nisga SD 92

**Jamie Morris** – FISA

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## Mental Health in Schools Approach



### Working Definition:

#### 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

### 10 INDICATORS OF SCHOOLWIDE SEL – STRENGTHS AND NEEDS REFLECTION

**Directions:** When fully implemented, schoolwide SEL contributes to more successful and equitable outcomes for young people. In the table below, reflect on the programs, practices, and strategies that your school is already using to support the essential components of schoolwide SEL identified below. Then, reflect on how your school community can grow the most. This reflection can be a helpful step in establishing common ground among stakeholders about where the school should focus their learning and implementation efforts for SEL.

	Foundational Structures	Description	Assets that Already Support this Indicator	Areas for Growth
	SEL team	Schoolwide SEL is led by a team that is composed of individuals who are representative of the full school community.		
	Communication plan	Structures are in place to support consistent two-way SEL communications between the SEL team and all stakeholders (e.g., town hall meetings, open door policies, social media).		
	Foundational knowledge of SEL	Members of the school community, including families and community partners, can discuss SEL's importance and its impact on student outcomes and understand their own role in helping students develop social and emotional competencies.		
	Shared vision for SEL	A collaboratively developed shared vision for schoolwide SEL is regularly communicated to the entire school community, informs planning and implementation, and is revisited regularly.		
	Implementation plan	The SEL team has developed an SEL implementation plan. This plan is integrated into schoolwide planning documents and is referenced and revised regularly.		

START?  
STOP?  
Continue?





# Dr. Bonnie Henry Dr. Danièle Behn Smith

*Youth Mental Health in B.C.*



# Thoughts, ideas?

*We would love to hear from you.*



[mhisc/survey](https://mhisc/survey)

Please scan the QR code here,  
in the program or on your table  
topper and fill out our survey.



The screenshot shows the top navigation bar of the 'erase' website, featuring the British Columbia logo and a search icon. Below the navigation, the breadcrumb trail reads 'Home > erase >'. The main heading is 'Mental health and well-being'. A prominent light blue banner contains an information icon and the text: 'If you are concerned that you or someone you know is in immediate risk or may hurt themselves, call 9-1-1 immediately.' Below this is a large image of two people from behind, forming a heart shape with their hands against a sunset background. A green banner overlaid on the image contains the text 'erase stigma | embrace understanding'.

[www2.gov.bc.ca/gov/content/erase/mental-health](http://www2.gov.bc.ca/gov/content/erase/mental-health)



# Action Anxiety Day

JUNE 10, 2023



[ANXIETYSCHOOL.COM](https://anxietycanada.com)





# Thank you.



# Your feedback matters.



JOIN AT:  
**slido.com**  
**#5024 329**

*Thank you for participating.*

