

Mental Health

School District #35 (Langley)
Board of Education Regular Meeting
December 8, 2015

Purpose

- Defining Mental Health
- The Role of the School District
- Recent Initiatives
- Re-designed Curriculum
- Professional Development

Understanding Mental Health

- Complex
- Misinformation
- Mental Illness, Mental Health, Mental Wellness
- Resiliency
- A societal challenge

The Role of the School District

- Support and referrals for students and families
- Partnering with outside agencies
- Educating students to manage their own mental wellness
- Implementing the curriculum

Recent Initiatives

- Living Life to the Full Program
- Child Youth Mental Health Substance Abuse Collaborative
- Operation Rainbow
- Student Mental Health Leadership Team

Quotes from Students

"The topic of mental health should be just as important as math class."

"Teachers need more knowledge about mental health – they don't seem to know a lot about it."

"Planning 10 is too late to be talking with students about mental health."

Ministry of Education

- Safe Schools
- Re-designed Curriculum
 - Starting earlier
 - Instructional Services
 - Kids in the Know
 - LGBTQ

Social Emotional Learning

- Action Plans for Learning
- Self-Regulation Strategies
- Mind-up Strategies

Staff Awareness and Professional Development

- MDI Survey Grades 4 and 7
- Response to Intervention
- February 19, 2016 Professional Development Day
- Eating Disorders Workshop
- Mental Health First Aid Certificate

Staff

- Staff Wellness Program
- Morneau Chappell

A Work in Progress

- Involve everyone
- Reduce the stigma
- Teach resiliency
- Support wellness