

## **RRVSD MENTAL HEALTH & WELLNESS STRATEGY**

### **A Safe and Caring School Approach**

STATEMENT: For educators to cultivate a safe and caring learning environment that fosters a positive sense of well-being in students, staff and community.

#### Promoting Mental Health and Well-Being

##### **Enhance well-being, growth and resilience in students**

*The following has been implemented:*

- Classroom presentations in the area of social-emotional learning. Includes the following: Kindergarten (Emotions), Grade 3 (Social relationships), Grade 5/6 (Self-regulation/Co-regulation), and High school (mental well-being). The following disciplines supported implementing this strategy in the classrooms: guidance coach, behavior coach, mental health support worker and social workers.
- Enhanced support for students by increasing visibility and access to guidance counsellors, social workers, mental health support worker, psychologist, guidance coach, behavior coach, and AFM worker.

##### **Enhance school culture that values students, fosters belonging and supports discussing students in a positive way.**

- Developed a project that looks at fostering and encouraging connection between students and staff with the goal that every student is connected with one adult (Invisible Mentor project).

*The following will be implemented:*

- Implementation of the Invisible Mentor project.
- Identify learning needs related to diversity

#### Professional Development

*The following has been implemented:*

##### **Enhance staff capacity**

- Develop counselling skills through modelling

- Respect in School training for staff
- Created a process to determine needs in mental health and well-being- Complex Case Review.
- Psychoeducational sessions for staff and school teams (including Dr. Shanker's work on Self-Regulation)

### **Staff Wellness**

- Provided staff with ideas and resources (i.e., "Balance" resources from MTS, Self –Regulation webinar)
- Assist in integrating wellness into present committees.
- Wellness Coordinator of RRVTA collaborated with Mental Health Committee.
- List of resources for support staff
- Developed support for staff debriefing

### **Enhance capacity of school staff in the areas of prevention, intervention, crisis response and post-vention**

- Developed divisional protocol for suicide and self-harm
- Psycho-educational sessions at each school
- Developed roles and responsibilities handout to assist school teams in accessing support
- Psychological First Aid training

## Community Partnerships

*The following has been implemented:*

### **Engage and support parents and caregivers in helping their child flourish.**

- Pamphlets to each family by the Attachment Network
- Programming and education for parents (i.e., Mindfulness for Parents, Little People have Big Feelings workshop)
- 0-5 Parent-Child programming that focused on social-emotional needs (e.g., Pamela Whyte Sept 2016 presentation on "The Flourishing Child" in Oakbluff; Attachment handouts, Handle with Care parent-child program)

*The following will be implemented:*

- Will offer CONNECT program to parents in spring 2018. It is a strength-based approach to supporting families.
- Develop handout and information for parents about “balanced technology”

**Engage and support parents and caregivers in the process of planning and responding to mental health concerns.**

*The following will be implemented:*

- Provide parents with a list of resources (on divisional website in 2018-2019).
- Create a Mental Wellness RRVSD pamphlet with information, strategies and FAQ about mental and social-emotional well-being. Include a description of roles (guidance, social worker, mental health, AFM) as well as how to contact the local guidance counsellor.

**Enhance relationships between the school and private/public mental health services and support services.**

*The following will be implemented:*

- Examine the possibility to collaborate with Recreation, Parent-Child facilitators and private service providers in order to provide year-round and/or summer programming for families and children/youth in need.

**Public Relations**

*The following will be implemented:*

- Develop a plan to brand and share the RRVSD Well-Being Strategy with all stakeholders in creative and accessible ways (i.e., posters, videos, multi-media, staff meetings, school newsletter, admin meetings, Wellness tips of the week)

November 15th, 2017