



Promoting Mental Health in Schools Through Partnerships

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Agenda

- Overview of our Team
- Our Partnerships
- Partnerships Initiatives
- Lessons learned
- Questions



Canadian Mental
Health Association
Mental health for all



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Community and Health Services

Public Health



Schools have an important role to play in *“building skills, knowledge, and habits that help mental well-being and can reduce the risk of social and emotional problems. Learning about mental health can help students both academically and socially, and create support for students who are experiencing social or emotional difficulties”* (Ontario Ministry of Education)

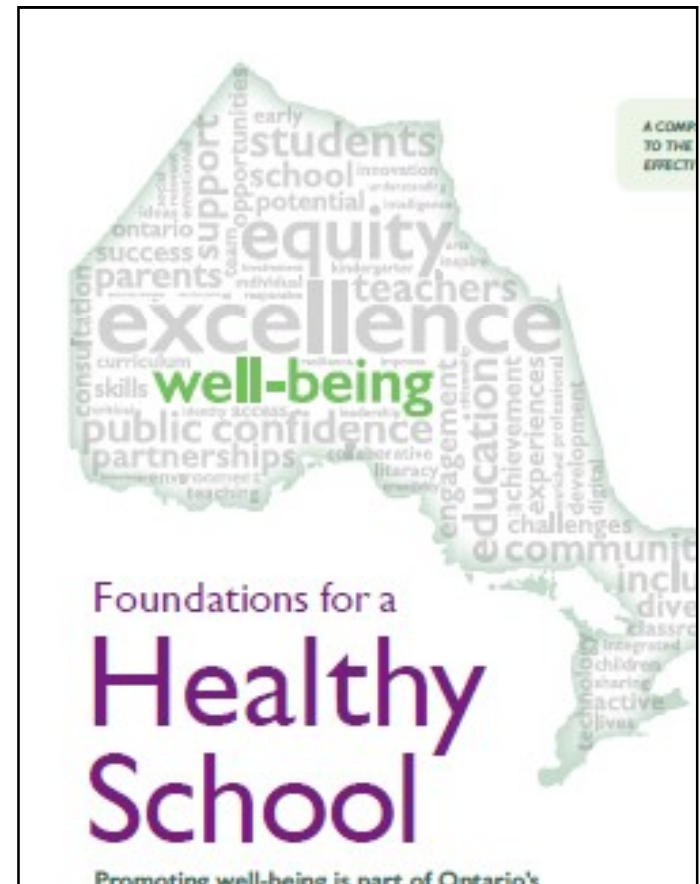
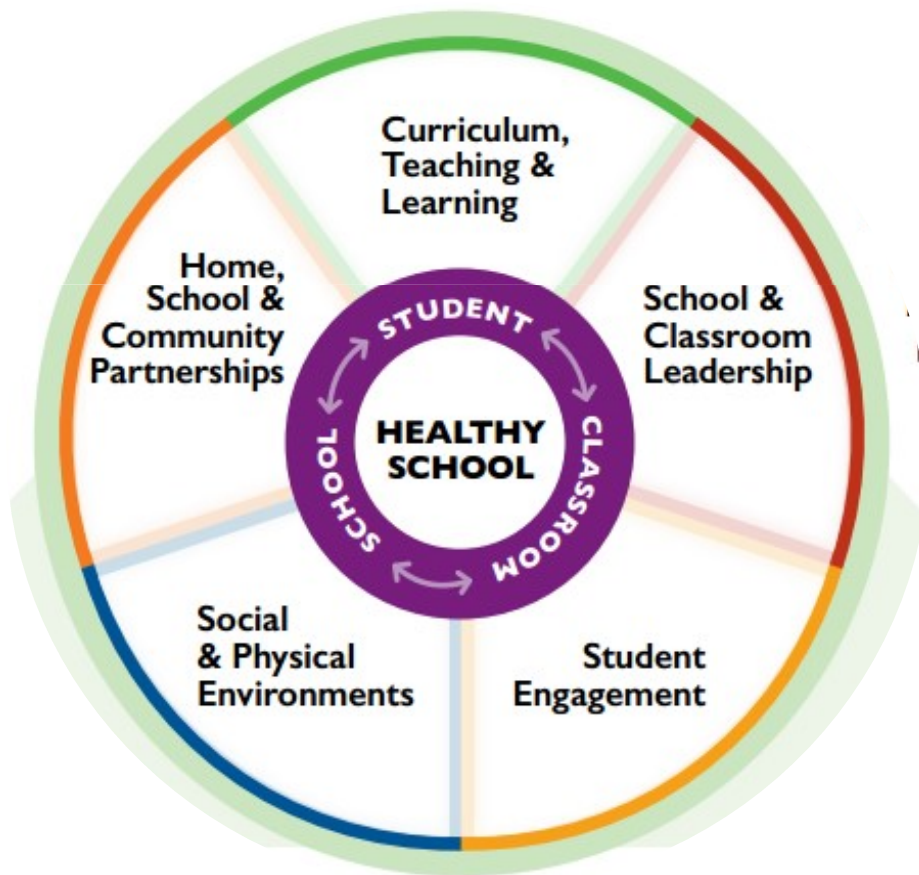


School Team Structure

- 2 School teams (North and South)
- 21 PHN's (FT &PT)
- To support schools in Comprehensive School Health (CSH) through an Action Planning process that meets the needs of each school community



Ontario's Foundations for a Healthy School



Foundations for a
Healthy School

Promoting well-being is part of Ontario's

Community and Health Services
Public Health



Our Partners

- York Region District School Board
 - HPE Curriculum Consultant - Healthy Schools and Workplaces
 - Mental Health Lead
- York Catholic District School Board
 - HPE Curriculum Consultant
 - Mental Health Lead
- Psychology Foundation of Canada
- Kids Help Phone (KHP)
- Canadian Mental Health Association (CMHA)



Partnership with YRDSB & YCDSB

- Implementing Comprehensive School Health
- Curriculum Consultant Meetings (monthly)
- Meetings with Mental Health Leads
- Joint Presentations and Education Sessions
- Participation on Steering Committees and workgroups
- Data Sharing



Partnership with YRDSB & YCDSB

- YRDSB Healthy School Network Sessions
 - 1 to 2 times a year
 - Bring champions from Healthy Schools together for networking, education and training
- YCDSB Mental Health Forums
 - Separate Elementary and Secondary Forums
 - Mental Health workshops, speakers and displays



Partnership with Psychology Foundation of Canada

- Providing training
- Providing resources
- Consultation on development and revision of Stress Workshops
- Connecting us to other Health Units who are using their resources



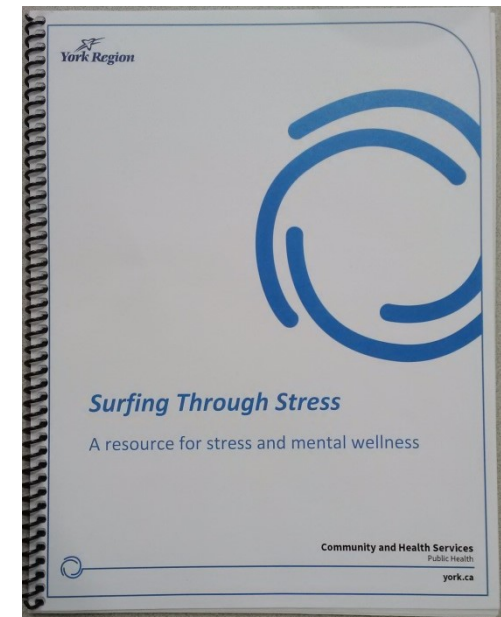
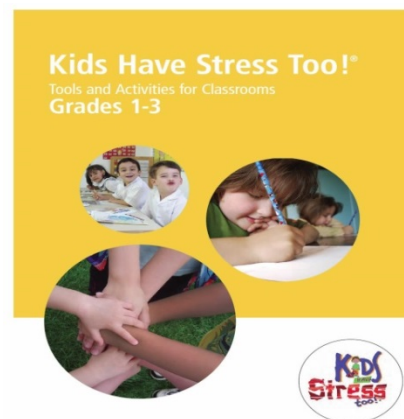
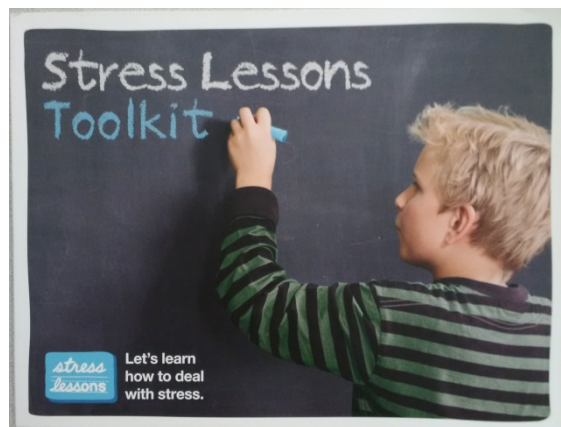
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Stress and Coping Workshops

Psychology Foundation of Canada

- Kids Have Stress Too
- Stress Lessons
- Surfing Through Stress



Results from Stress Workshop Evaluations 2015/2016

- **Over 90%** of students indicated they **know more** about stress
- **Over 90%** of students indicated that they **learned a new coping technique**
- **100%** of teachers **were satisfied** with the resources



Partnerships with KHP and CMHA of Canada

- Support our Ready Set Create contest
- CMHA - part of the poster judging
- KHP- training our staff on multiple occasions

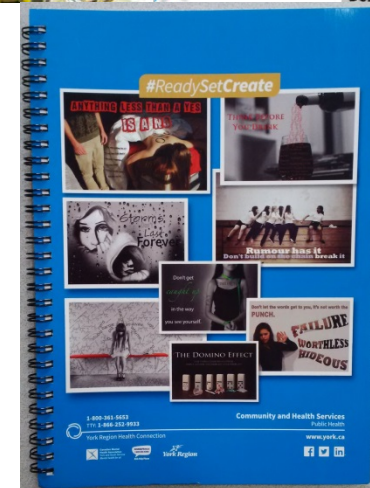


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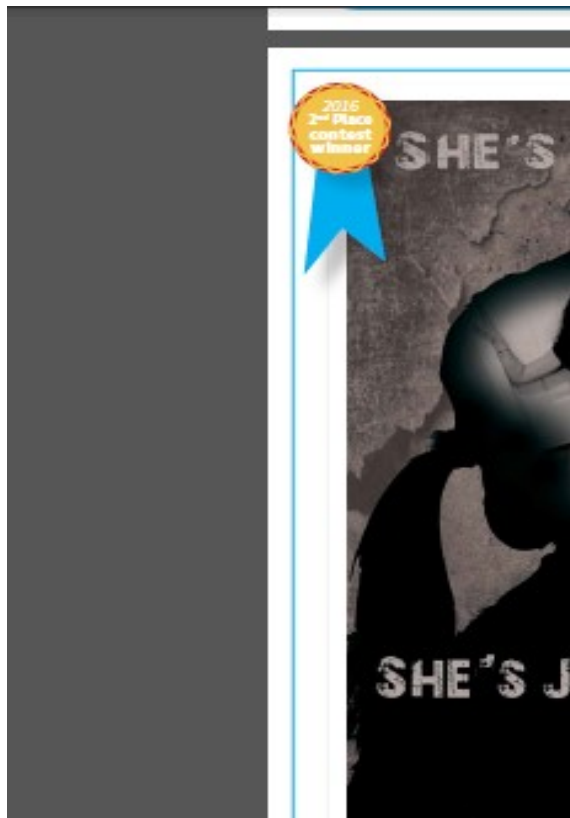


Ready Set Create Contest

- Poster contest for high School Students
- In its 6th year
- Student created, student judged, student voice
- Winning posters are distributed in schools and by Partners (KHP, CMHA)



Ready Set Create Contest



Ready Set Create Contest

2015/2016 Evaluation Results

- **87%** of contest participants **learned something new** about their health topic
- Students working in teams identified increasing the following skills:
**cooperation, communication
& problem solving**



Lead-A-Palooza Forum

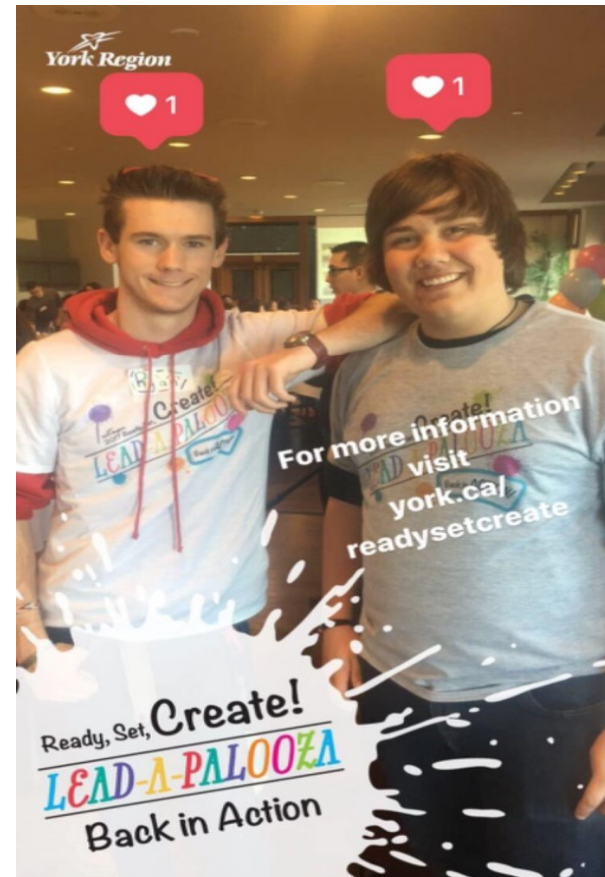
- Student Leadership forum
- Planned with a student advisory group from YRDSB in 2016 and 2017
- Participants include:
 - Public Health, YRDSB
 - YRP, CMHA, Western U
 - Local Businesses



Lead-a-Palooza Forum



Student Emcees



Lead-A-Palooza Forum 2015-2016



- **93%** of students **increased their knowledge** on health topics
- **91%** of students **learned a new skill**
- **3 YRDSB Students presented at the OHSC Conference**

Lead-A-Palooza Forum 2015-2016



LeadAPalooza_clip.mp4



Results from our 2015/2016 Year End Survey with HS Champions

- 71% agreed there was an **increase in student engagement**
- 65% agreed there was in **increase in student leadership**
- 65% agreed there was in increase in student **understanding of mental health** and well-being
- 56% agreed there was in increase in staff **understanding of mental health** and well-being

Lessons Learned

- Need to be flexible
- Alignment of mandates and goals
- Having students involved is key (Student Voice)
- Support of Key champions in Schools
- Aware of trending topics/ resources/ focus areas
- Active partnership building, communication and sharing of resources



Questions?

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