

FORT LA BOSSE SCHOOL DIVISION MENTAL HEALTH STRATEGY

Implementation Period

September 2015 - June 2018 at which time, the Foundation, Indicators and Strategies will be consistently imbedded within division practice.

2015 School planning documents are expected to include the strategy highlighted in yellow within this document in addition to school determined indicators from the four foundations provided.

2015 - 2018 FLBSD will support the indicator highlighted in yellow within this document by funding substitute teachers while staff become trained in Mental Health initiatives provided by RHA personnel.

Fort La Bosse Mission

The Fort La Bosse School Division is committed to working together with our communities to prepare students for the future by providing quality education & fostering lifelong learning in caring environments while making the best possible use of resources.

What is Mental Health?

The Public Health Agency of Canada defines mental health as “the capacity of each and all of us to feel, think, act in ways that enhance our ability to enjoy life and deal with the challenges we face. It is a positive sense of emotional and spiritual well-being that respects the importance of culture, equity, social justice, interconnections and personal dignity.”

Research Shows that School Based Mental Health Promotion Programs:

- Increase mental well being
- Enhance regulation of emotions
- Enhance coping and problem solving skills
- Increase engagement, achievement and attendance
- Enhance empathy and respect for diversity
- Decrease bullying and aggression

Foundation	Outcome	Indicators	Sample Strategies – but not limited to...
Social and Physical Environment	<p>Promote respect, inclusion and value through diversity in the school social and learning environment.</p> <p>Focus supports on feelings of physical and psychological safety.</p>	<p>Include question re: social & physical environment on Tell Them From Me.</p> <p>Review Tell Them From Me Data.</p> <p>Respond to student voice through review and response to data including Tell Them From Me Survey</p>	<p>Allow and encourage students to participate in decision-making.</p> <p>School staff & administration will outline & respect positive etiquette in the staffroom and school environment. (reference to MTS Code of Ethics)</p> <p>Have a welcoming, student-centered environment (eg. Aboriginal artifacts, art, music, sofas, decorative plants, student artwork, quotes and photos on display)</p> <p>Practice welcoming students at classroom door each morning & saying goodnight each evening.</p>
Teaching & Learning	<p>Build awareness of mental health and its important relationship with academic and community success.</p> <p>Educate staff and students to effectively identify, respond to, and refer a person to appropriate school or community supports</p>	<p>Administrators will collect data re: staff implementation of Mental Health Curricula/Promotion through reporting of progress at each staff meeting. Data collected will be shared at an Admin Council Round Table discussion & on school plan</p> <ul style="list-style-type: none"> ✓Mental Health Promotion ✓Holistic Health & Wellness ✓Substance Use and Addictions ✓Stigma Reduction ✓Transition (between schools, from school to work, to post secondary 	<p>Study & explore definition of Mental Health ie with staff, parent council, in student meetings, student classes (SS, PE, ELA, Psychology, Home Ed, Family Studies, home room activities)</p> <p>Implement mental health outcomes of Manitoba Physical Education/Health curricula using supports <i>such as</i> Stan Kutcher Curricula as provided to schools.</p> <p>Infuse mental health wellness outcomes from PE/Health/Stan Kutcher documents throughout regular curricula eg. SS, ELA, PE/Health</p>

Foundation	Outcome	Indicators	Sample Strategies – but not limited to...
	<p>Build awareness of signs of mental health crisis or suicidal thinking</p>	<ul style="list-style-type: none"> ✓ Mental health training – staff trained in each school ✓ Increase opportunities for staff and students to develop skills to respond to a mental health crisis or suicidality ✓ Encourage student help seeking – stats from Student Support ✓ Early intervention - use of curricular materials in class ✓ Increase awareness of VTRA – Fair Notice ✓ Increase awareness of Diversity Policies & opportunities 	<p>Offer training to students & staff in mental health response offered by PMH eg. ASIST, Mental Health First Aide, Safe Talk – four year plan to have staff trained in each topic at each building.</p> <p>Support education regarding mental health disorders, treatments, decreasing stigma, and seeking help effectively through guest presenters, pamphlets, etc.</p> <p>Introduce Mental Health support team at each school welcome day/and or staff meeting and provide information to parent councils. Repeat throughout the year.</p> <p>Include Mental Health & Wellness in Community Report (school & division)</p> <p>Annually review community helpers lists to ensure they are complete and include helpers such as MTS, local professional and natural helpers, community elders, and regional contacts as well as ensuring contact information is accurate. Publish community helpers lists on bulletin boards, in news letters, and on school/division web sites, student council face book page so information lists accessible to all.</p> <p>Invite individuals from helpers group to attend staff meetings to outline the potential services available to adults in the school community.</p> <p>Purposefully demonstrate Connectedness with each student & a designated staff member in the school including support staff eg minimum check in of once per week</p>

Foundation	Outcome	Indicators	Sample Strategies – but not limited to...
Healthy School Policy			<p>Review Diversity Policy – with students, staff, and Parent Council</p> <p>Offer ongoing professional development related to positive mental Health</p> <p>Accommodate the learning and social needs of all staff and students, including those with exceptionalities.</p>
Partnerships and Services	Increase/support access, availability, integration of mental health services available for staff and students		<p>Display brochures from organizations in school so that staff, students or any school visitors could access the service (ADAM, LDAM, TADD, Social Justice Committee, SERC, Crisis Stabilization Unit, AFM & FLBSD Student Services Brochure)</p> <p>Post external support contact information on a variety of platforms including website(s), facebook page, in paper format in report card envelopes, etc.</p>