

# Mental Health Program



*Parent Involvement Council  
Meeting  
January 4, 2022*

 **Rainbow Schools**  
*Reaching minds. Touching hearts.*



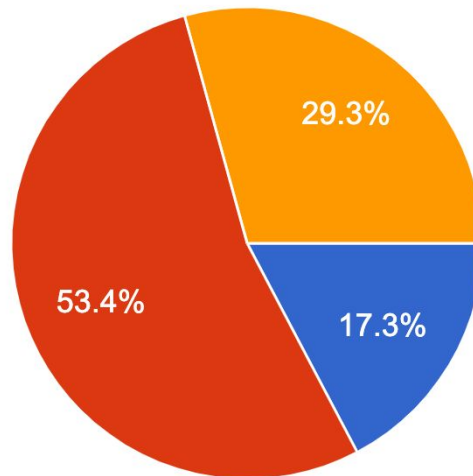
# Agenda for Presentation

- 1. Mental Health Survey**
- 2. Board Action Plan for Mental Health**
- 3. Strategies for Parents**



# Mental Health Survey

3,016 responses



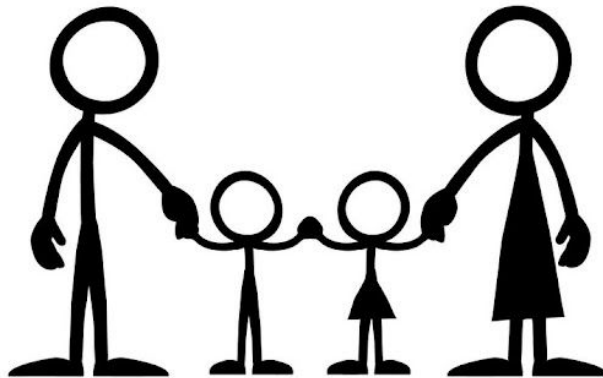
- Staff
- Parent/Caregiver
- Student

1/31/21



# Parent Data

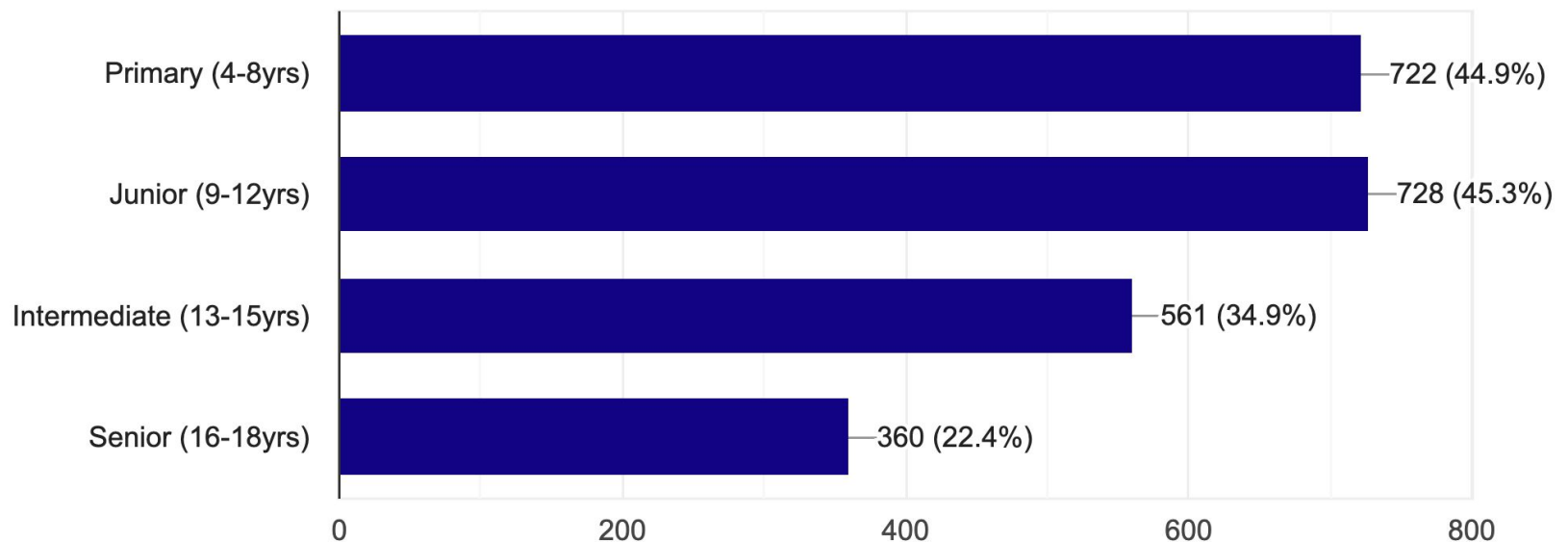
53.4 %





## Age(s) (ages of all children/youth in home):

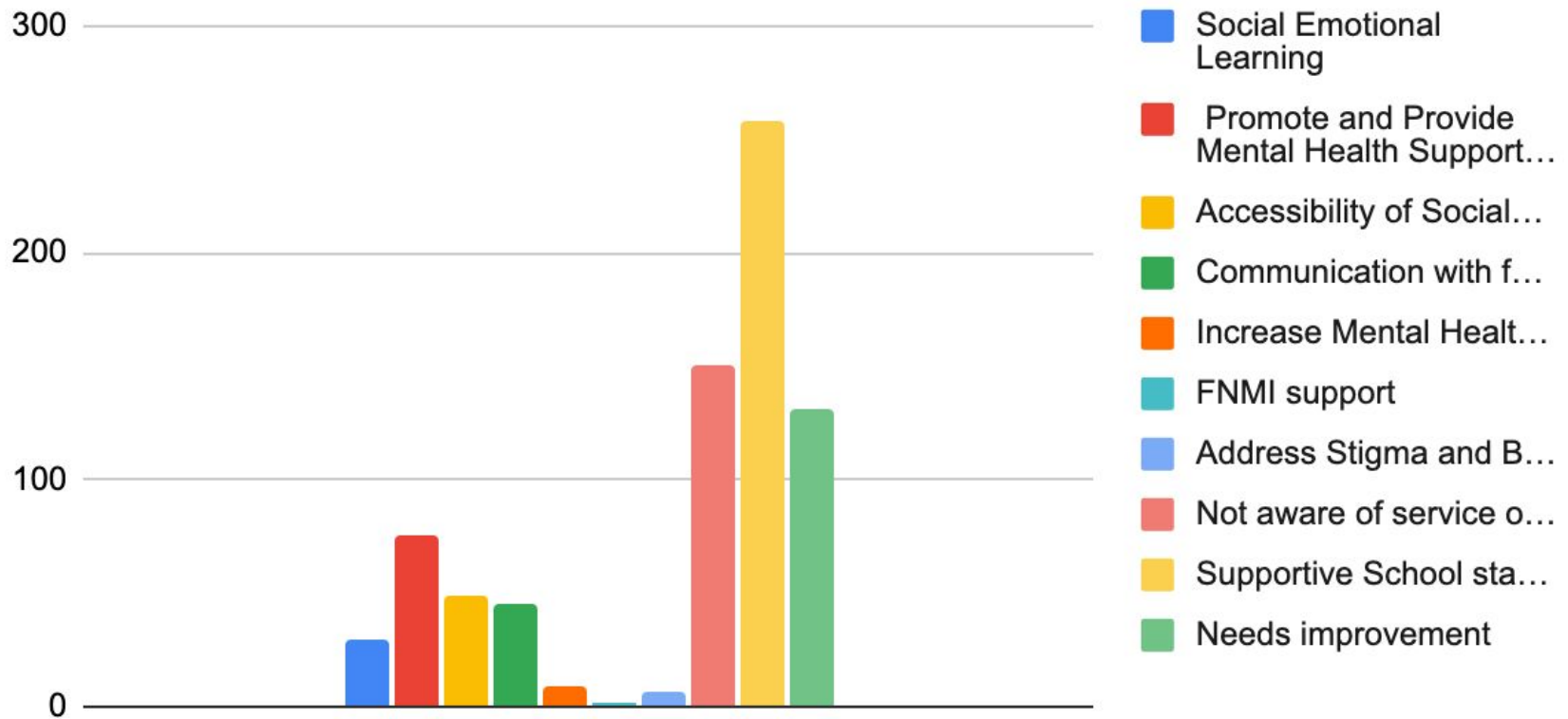
1,607 responses





## What do you think the school is doing well in terms of supporting student mental wellness?

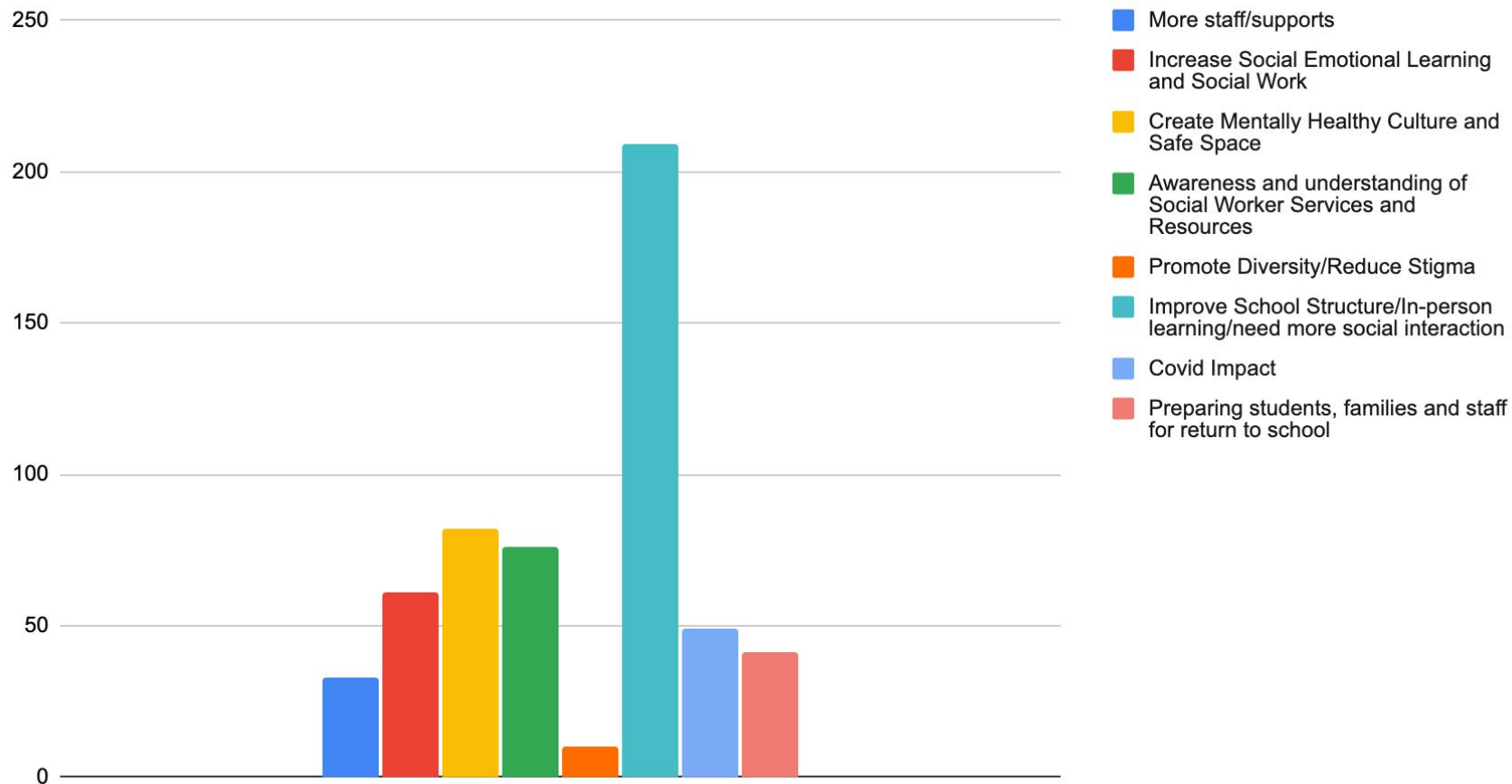
Parent Feedback





## Any other comments you would like to add related to student mental wellness?

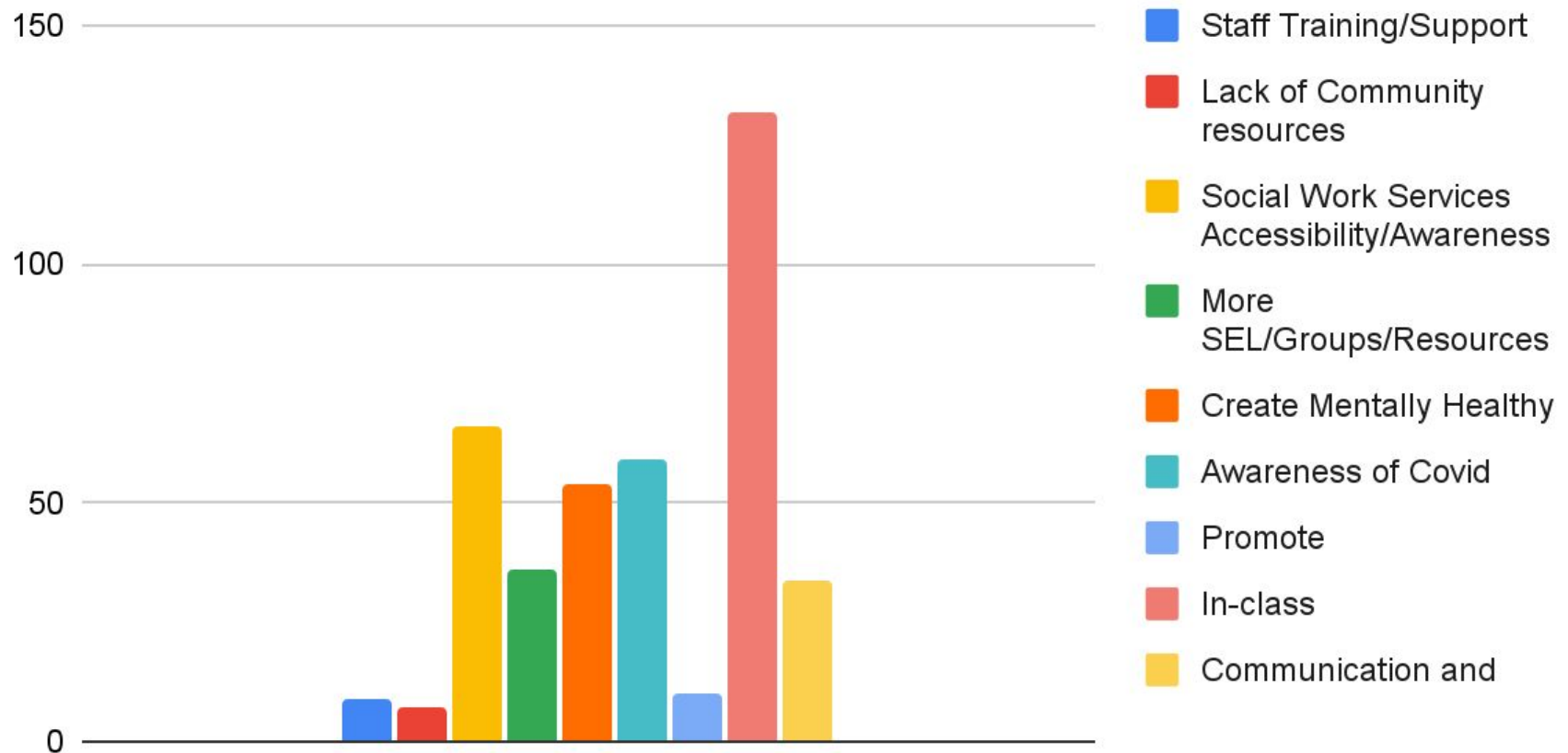
Parent Feedback





## Is there anything else that you would like us to know?

Parent Feedback

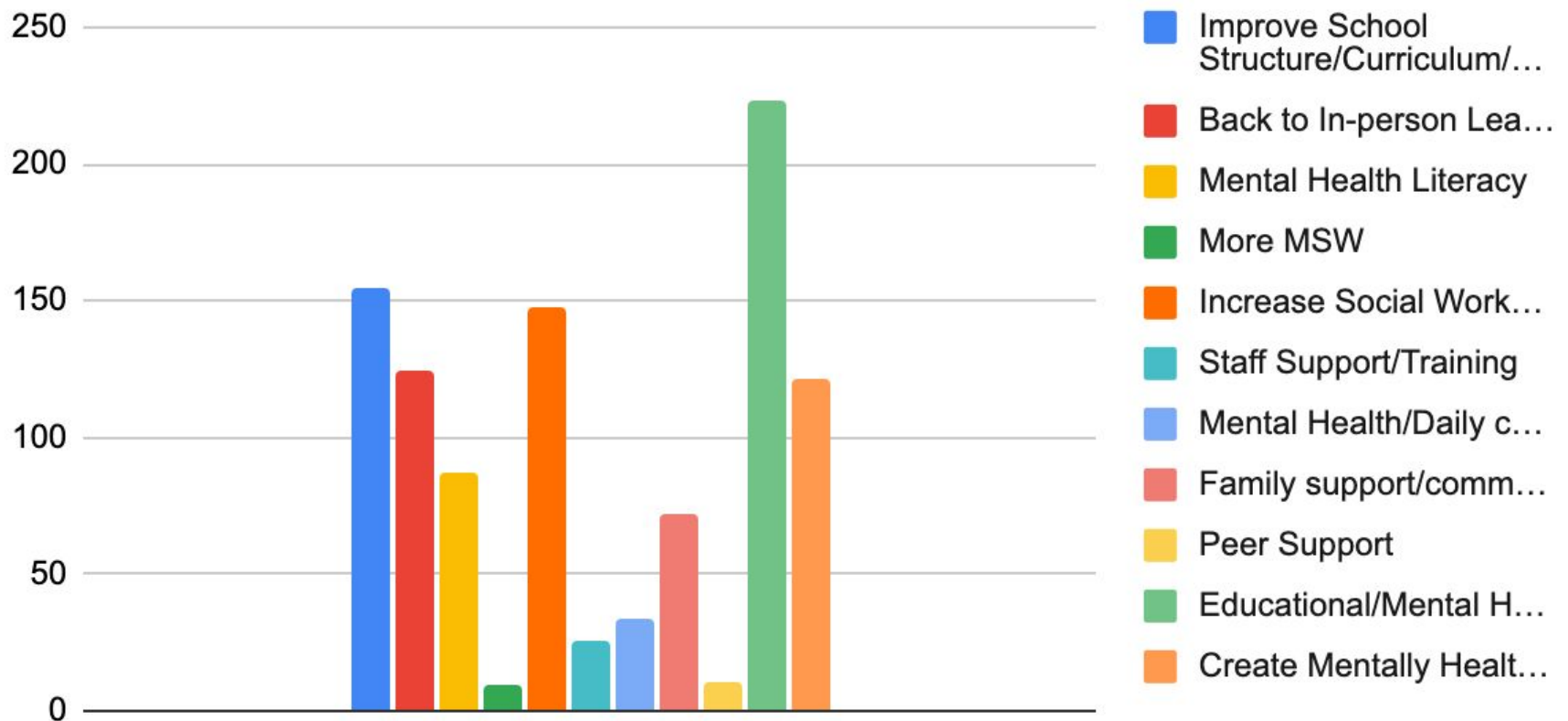






# What else could the school do to support your child/children's mental wellness?

## Parent Feedback



# Student Data

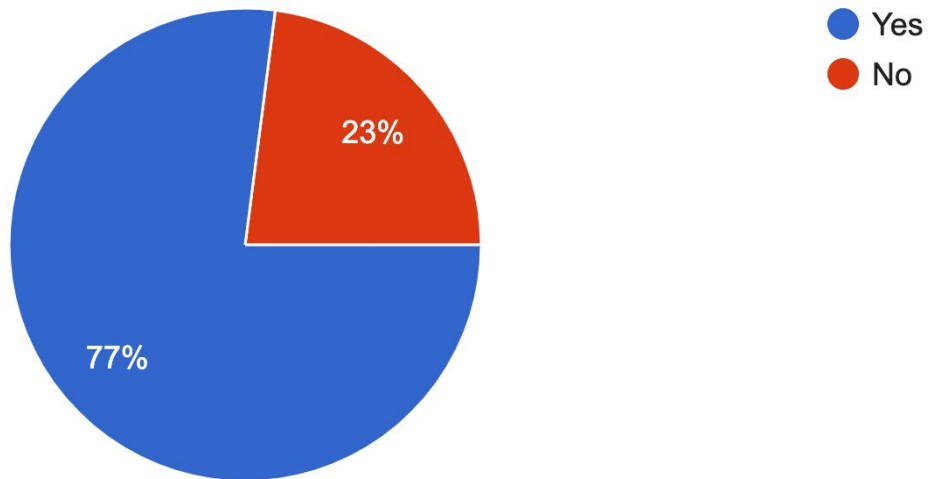
## 29.3%





## Have you experienced mental health challenges within the last 12 months?

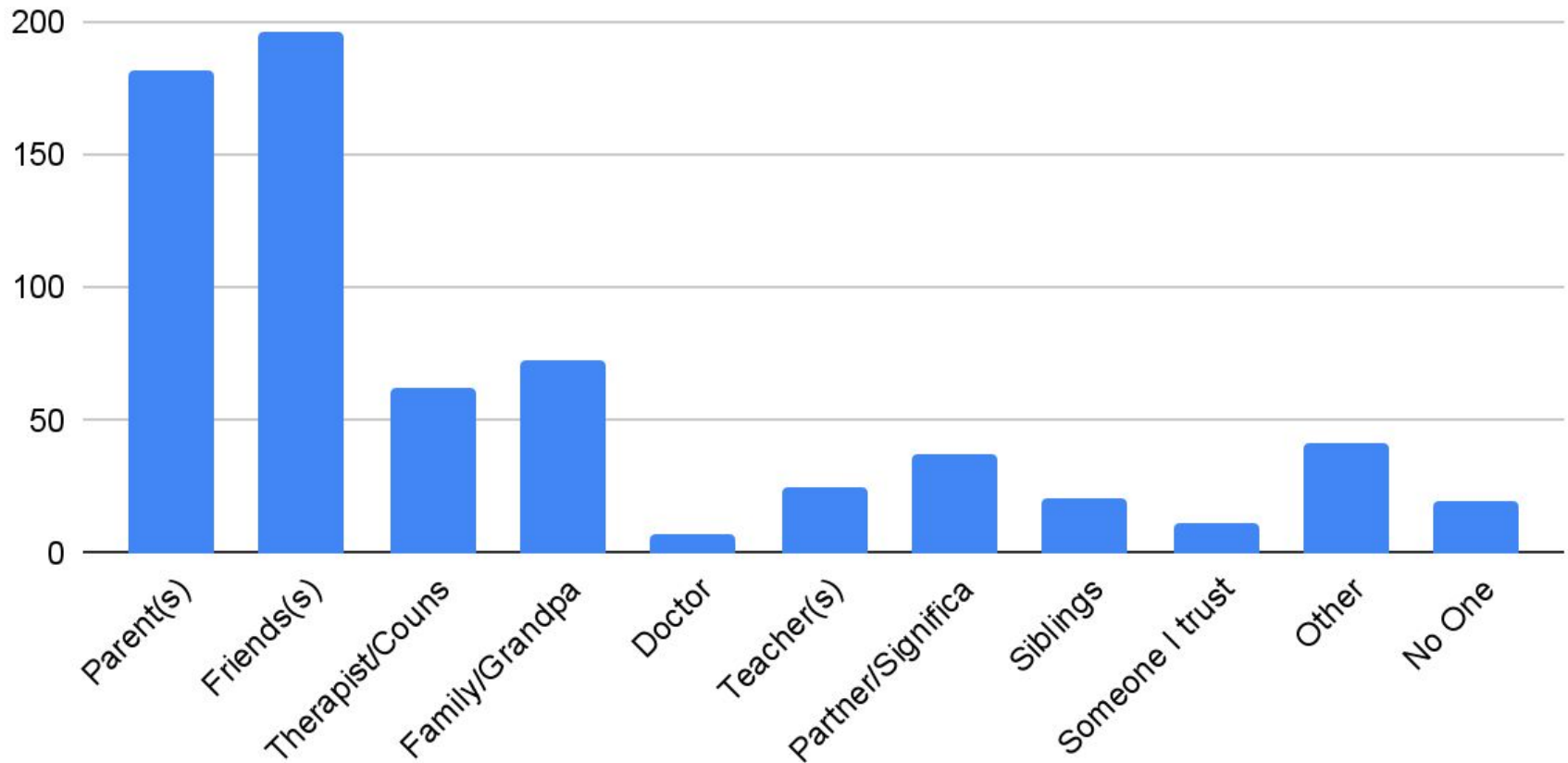
871 responses





## If yes, who?

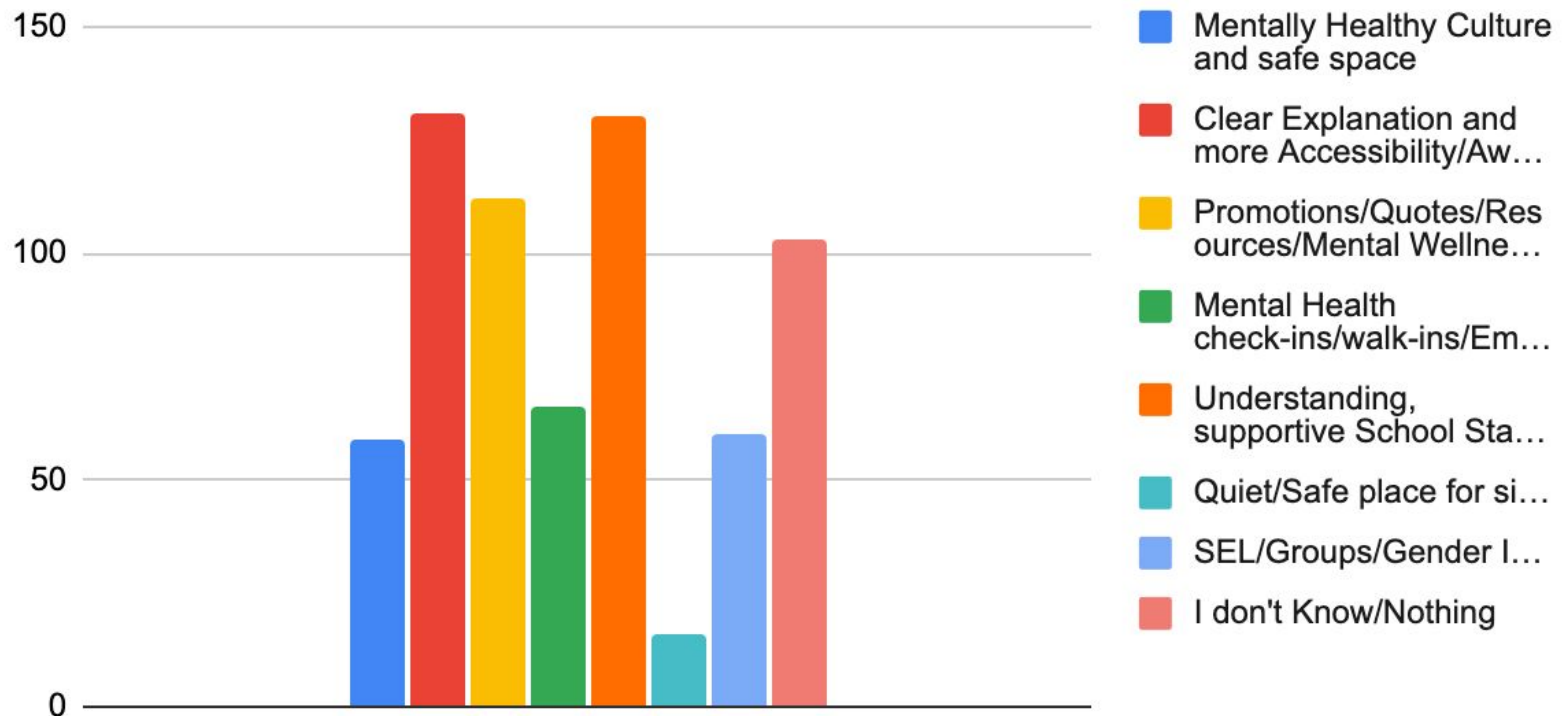
Student feedback





## What supports could be offered in the school to support your mental wellness?

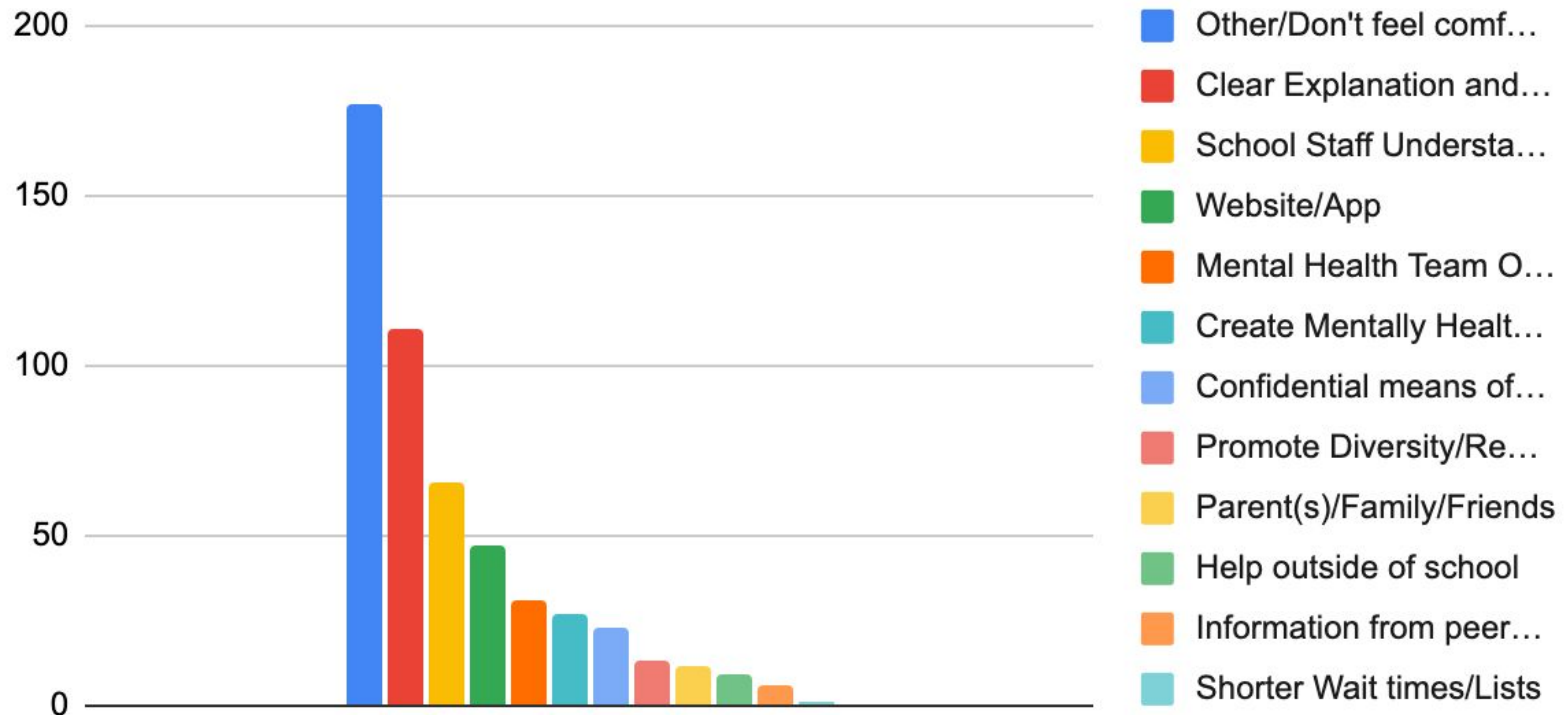
Student feedback





## If you needed school mental health services and didn't access them, what would help you access services next time?

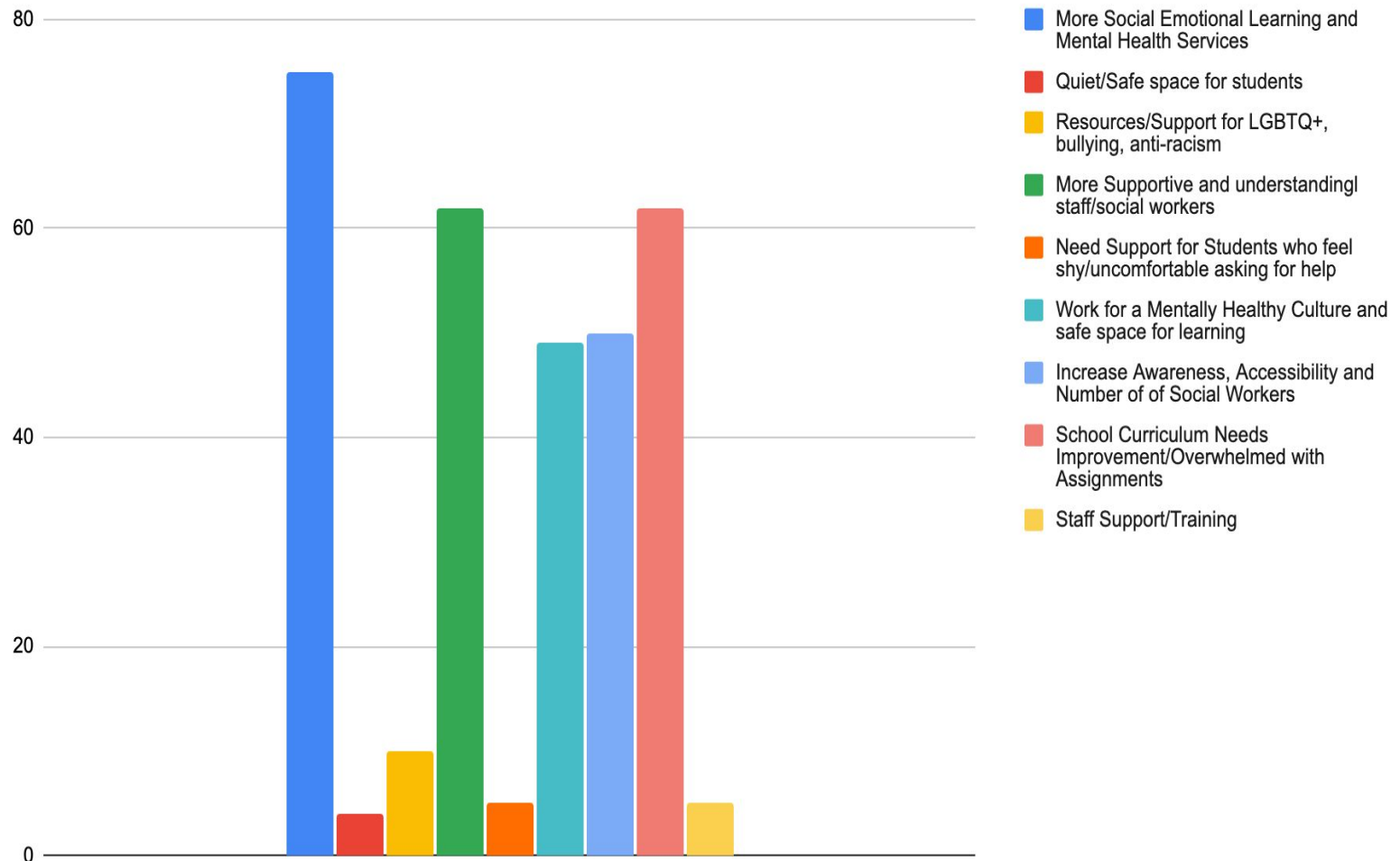
Student feedback





## Any other comments you would like to add related to student mental wellness?

Student feedback





# STAFF FEEDBACK

## 17.3%





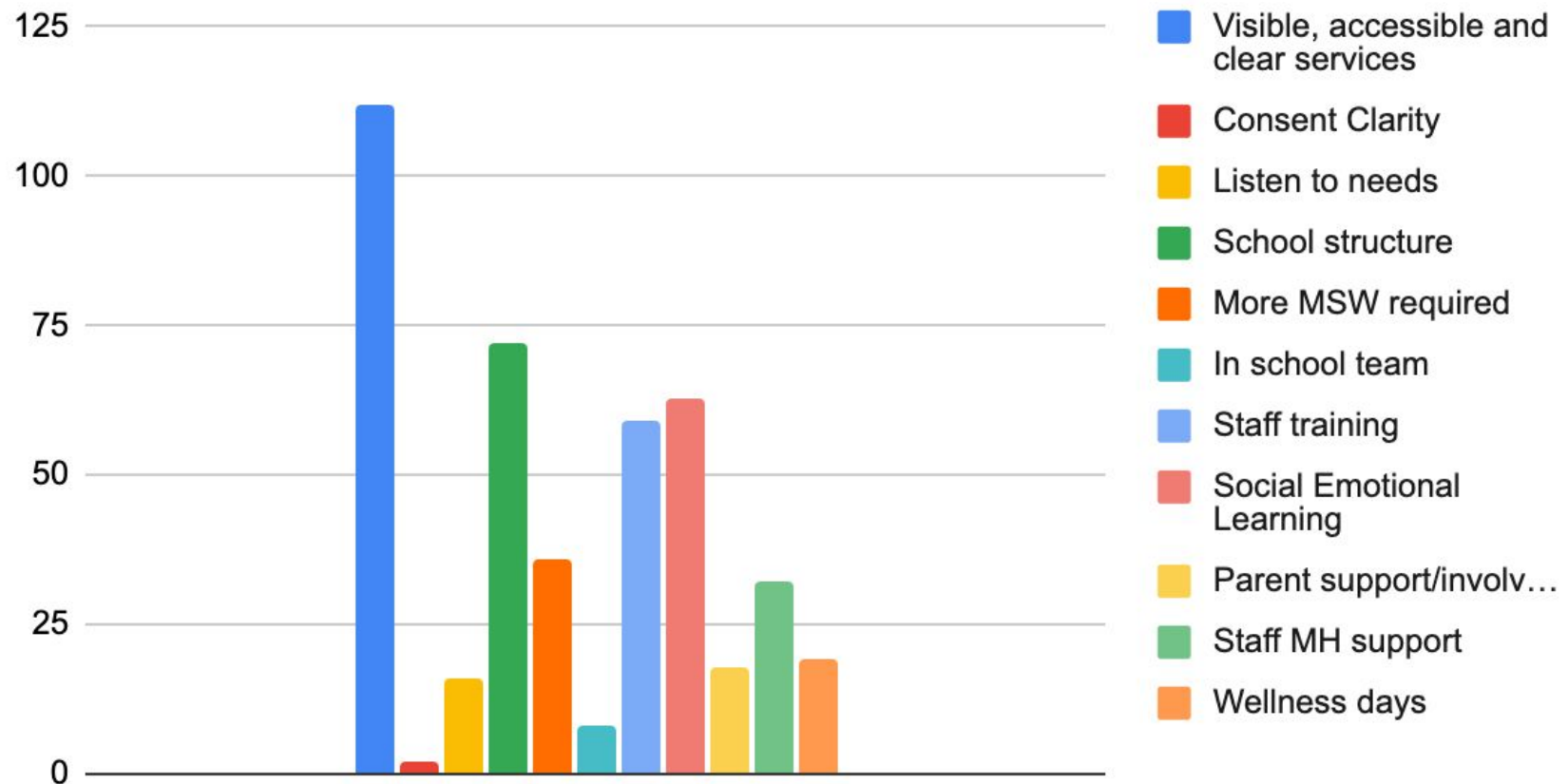


# What particular mental health trends are concerning?

**ANXIETY**



## Do you have suggestions for improving student mental health/wellness in your school?





# **ACTION PLAN 2021-2022**

## **Priorities for a Mentally Healthy School Board**

### **Priority #1**

Build Mental Health Literacy and Capacity

### **Priority #2**

Implement Evidence-Informed Mental Health Promotion, Prevention and Intervention Practices and Programming

### **Priority #3**

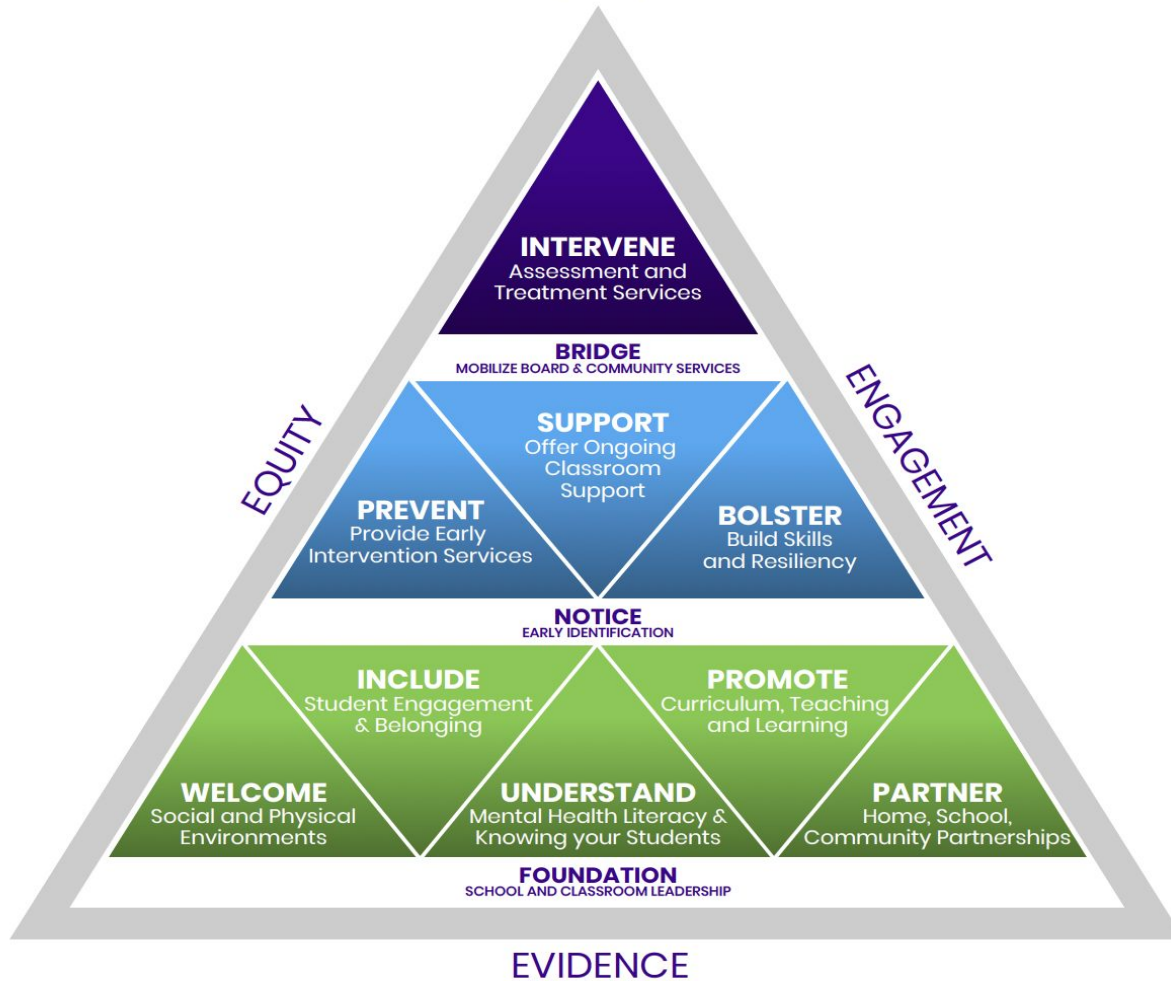
Support for Specific Populations

### **Priority #4**

Partner with the Community



## Aligned & Integrated Model (AIM)





## September 2021 to October 30, 2021

<b>Number of Elementary Students</b>	156
<b>Number of Secondary Students</b>	278
<b>Number of Parent (Sessions, Emails, Calls)</b>	169
<b>Groups</b>	Just Breathe: All Grade 7 and 8 classes Skills Groups: 1 Transition Class 7 Full class groups KHST: 6 Friendship: 21
<b>Violence Threat Risk Assessment Rapid Mobilization Table</b>	10 VTRA 8 RMT

# We All Have Feelings Program





# Strategies for Parents

1. Most importantly, take care of you, so you can be your best to support your children.
2. Try to take time for the basics – choose foods that give you good energy, establish a sleep routine that leaves you feeling refreshed, and enjoy some fresh air and exercise.
3. Pay attention to your own stress levels and notice when you are starting to feel overwhelmed.
4. Take a few deep, slow breaths when you start to feel anxious or upset.
5. Try just listening to your thoughts, and practice noticing them without judging or denying them. Even five minutes of this sort of quiet reflection can have a positive impact.
6. Be compassionate with yourself. Give yourself a break; you're doing the best you can.



# Noticing Mental Health Concerns

## Ask yourself:

- Are these behaviours and emotions out of character for my child?
- Are they having a negative impact on my child's ability to enjoy everyday life?
- Are they having a negative impact on our family life?
- Are they getting in the way of my child's progress at school?
- Are these concerning behaviours happening more often?
- Are they more intense?
- Are they lasting longer?





# How can I talk to my child about mental health?

**Find a quiet time when you are unlikely to have interruptions to begin the conversation.**

- **Reassure your child that they can tell you anything and you will not get angry with them (even if you get scared).**
- **Start the conversation by describing changes you have noticed in their mood, behaviour, reactions (e.g. “I have noticed that you seem to be crying more”).**



# What can I do to help if my child is struggling with their mental health?

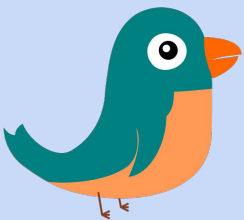
1. **Stay calm.**
2. **Avoid talking to them about things causing you stress**
3. **Try not to expose them to worrisome news in the media.**
4. **Listen to your child as they describe their thoughts and emotions.**
5. **Inspire hope.**
6. **Help your child to look for positives and things to be grateful for, even in tough situations.**
7. **Sometimes when people feel anxious or upset, deep calming breathing can help.**
8. **If your child is experiencing a low mood, one of the best things they can do is to get active**



# When should I reach out for additional help?

**If your child does not seem to be improving with the actions you have tried, and if you are still feeling worried about their well-being, it might be time to reach out for more help.**

**Certainly, if your child is engaging in self-harm or risky behavior or if you learn that they are having thoughts of suicide, seek immediate assistance.**



Click on the links to learn more





**Thank you for your attention this evening.  
Questions?**

