



School Mental Health Promotion



LOUIS RIEL
SCHOOL DIVISION



Winnipeg Regional Health Authority
Office régional de la santé de Winnipeg
Caring for Health À l'écoute de notre santé

**Mentally healthy...
every day**

Healthy Schools Conference
February 8, 2011
Grant McManes
Healthy Living Coordinator


 Winnipeg Regional Health Authority
Office régional de la santé de Winnipeg
Caring for Health À l'écoute de notre santé

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DIVISION SCOLAIRE

LOUIS RIEL

SCHOOL DIVISION

A Profile of Our Community

- 40 Schools
- 14,571 Students
- 6,455 Students in Grades K-8 in the English Program
- 2,943 Students in Grades K-8 in French Immersion
- 4,280 Students in Grades 9-12 in the English Program
- 893 Students in Grades 9-12 in French Immersion
- 1,859 full-time equivalent Employees
(Teaching & Non-teaching)

What really matters...

- As a parent/care-giver what do you want/expect your child to experience/encounter when they go to school?
- What are the issues facing today's children and youth?

Today's key points:

- Key activities of S.E.L.F. from the LRSD perspective
- How integral mental health (Social, emotional and psychological well-being) is to overall health
- Benefits of Health and Education collaborating on mental health and well-being issues for youth in the school context from an educator perspective

Addressing Barriers to Learning

- It's not about turning schools into health & social services agencies.
- School systems are not responsible for meeting every need of their students.
- When the need directly affects learning. The school must meet the challenge.

Carnegie Task Force on Education

S E L F

Social & Emotional Learning Framework



Goals of S.E.L.F.

- Academic learning
- Behavioural autonomy
- Social competency
- Transition planning

Current Focus

“the systematic development of core social and emotional skills that help children and youth more effectively handle life challenges and thrive in both their learning and their social environments”

Specifically

- Recognizing and managing emotions
- Setting and achieving positive goals
- Demonstrating caring and concern for others
- Establishing and maintaining positive relationships
- Making responsible decisions
- Handling interpersonal situations effectively

WHO summary report

Promoting Mental Health: Concepts, Emerging Evidence, Practice (2004a)

- there is no health without mental health
- mental health is more than the absence of mental illness: it is vital to individuals, families and societies
- mental health is determined by socioeconomic and environmental factors
- mental health is linked to behaviour
- mental health can be enhanced by effective public health interventions
- collective action depends on shared values as much as the quality of scientific evidence
- a climate that respects and protects basic civil, political, economic, social and cultural rights is fundamental to the promotion of mental health
- intersectoral linkage is the key for mental health promotion
- mental health is everybody's business



School Life



- Learning problems
- Language difficulties
- Attention problems
- School adjustment
- Family/foster care
- Attendance
- Dropout
- Conduct/behaviour
- Delinquency
- Anxiety
- Depression
- Self-injurious behaviour
- Mood disorder
- Sexual/physical abuse
- Neglect
- Substance abuse
- Sexuality
- Trauma
- Poverty

Prevalence of Mental Health Problems



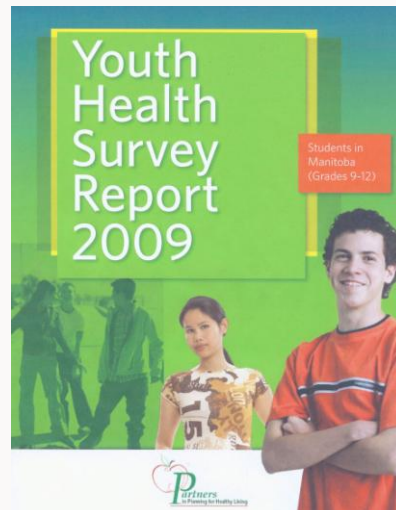
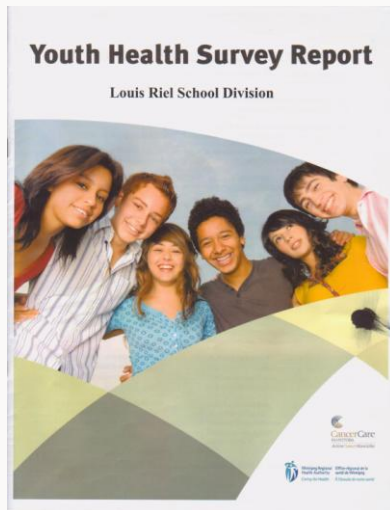
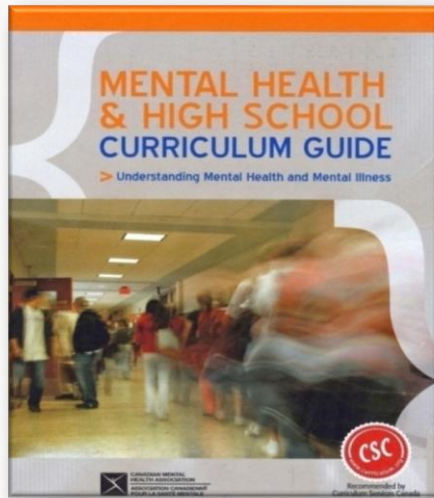
- **More than 1 in 4 Manitobans had at least one mental illness diagnosis during the period of 1997 to 2002**
Manitoba Centre for Health Policy 2004
- **The World Health Organization predicts that depression will be the second leading cause of disability in the world by 2020**
World Health Organization 2005
- **Suicide is the second leading cause of death amongst the adolescent population in Canada**
Canadian Mental Health Association 2001
- **Mental disorders are leading health problems for Canadian Children**

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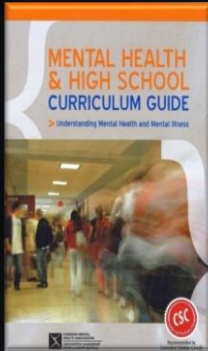
...definition of MH



...how a person thinks, feels and acts when faced with life's situations...this includes handling stress, relating to others and making decision



Mental Health Curriculum



- **Joint teaching/collaboration seen as a strength**
- **Provided a platform for recognizing issues and problems and specific teachers/staff as a resource**
- **Content relevant and meaningful with a desire for more information and emphasis on well-being**
- **Desire to ensure sustainability in subsequent grades**

Benefits

- Key messaging re the difference between Mental Health and Mental Illness and Stigma
- Teach/develop strategies to deal with stress and anxiety and how to support others
- Co-teaching model- new and positive perspectives

End