



Board Learning

Mental Health in Schools

Tuesday, January 14th, 2025

Going Deeper Together



"ONE HEART, ONE MIND, WORKING TOGETHER FOR A COMMON PURPOSE."

270 Days to a MHiS District Strategy

Checkpoint 1

Checkpoint 2

Checkpoint 3

Checkpoint 4



Mental Health in Schools (MHiS) Learning Intentions

- ✓ **BC Children's Hospital (BCCH) and Fraser Health Coaching Opportunity**
 - We need a District Strategy for supporting MHiS Checkpoint 1
- ✓ **Review the data EDI/MDI/YDI/AHS (McCreary)**
 - Early Years Strategy impact
 - Drivers of well being, Data Review, and Take Aways Checkpoint 2
- ✓ **What is our current practice for supporting MHiS?**
 - Tier 1-3 Resources and Structures Checkpoint 3
- ✓ **Survey the system** Checkpoint 4

MHiS Strategy

Checkpoint 1

A guiding document for the BC school system that promotes mental health through social emotional learning. The MHiS Strategy links to the Core Competencies in the redesigned K-12 curriculum.

A Pathway to Hope is a roadmap for improving mental health and addictions care in British Columbia



Tier 1

Capacity Building

This involves developing personal capabilities and strengthening the overall system to create supportive school environments.

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MHiS Strategy

Embedding mental well-being and Indigenous Knowledge and Perspectives throughout all learning environments

We know that the best learning is rooted in relationships, and the redesigned K-12 curriculum was developed to honour this by creating safe, nurturing and caring learning environments.

The Core Competencies and Indigenous Knowledge and Perspectives are foundational to the redesigned curriculum and are applied across all grades and subject areas. In addition to these curricular foundations, the Physical and Health Education (PHE) curriculum focuses on well-being and the connections between physical, intellectual, mental, and social health.

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Why?

Early Years data (EDI) has shown a decrease in vulnerability.
Early years has a clearly articulated strategy.

Despite many available resources and structures, our MDI/YDI/AYS data is showing an increase in vulnerability.

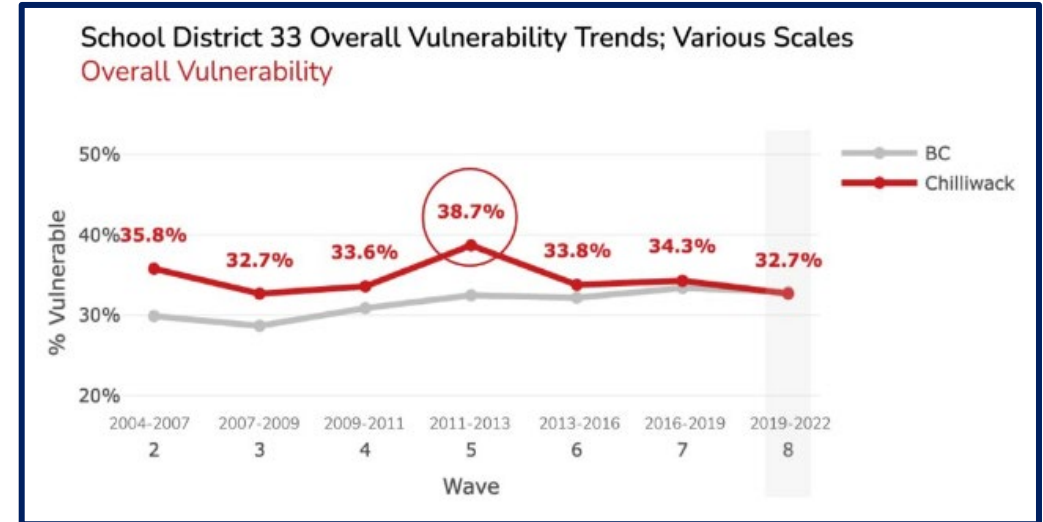
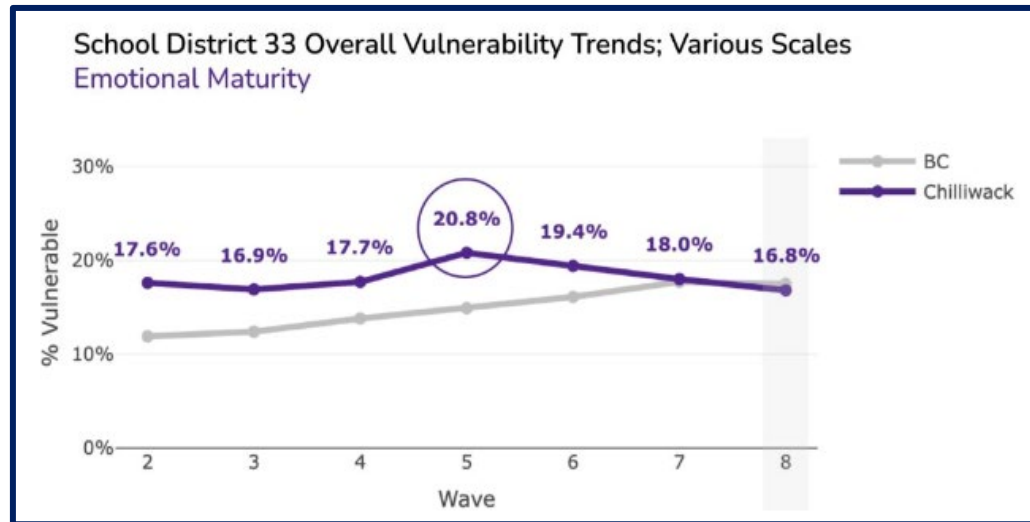
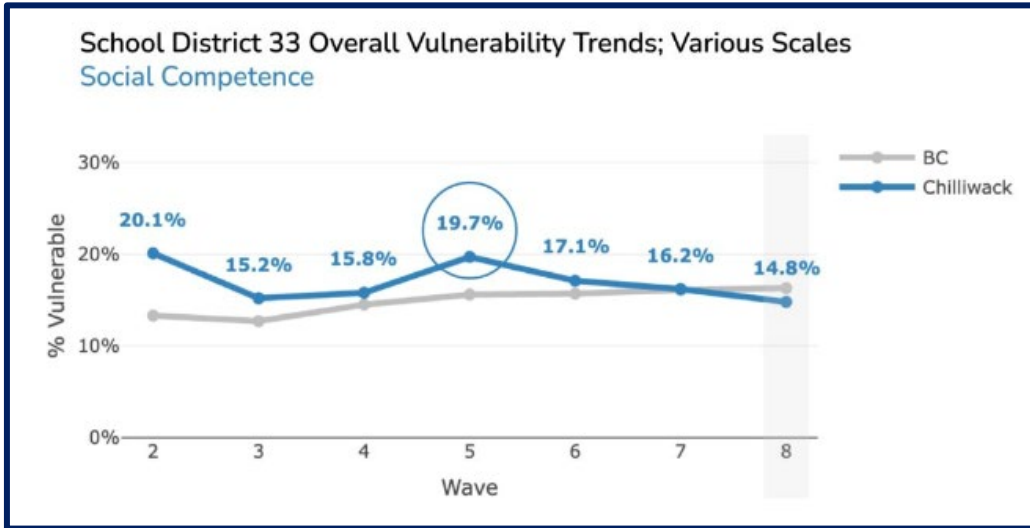
We believe part of the solution is to come together to create a system wide strategy for MHiS for K-12.

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Responding to EDI Data: A Play-Based Approach to Social-Emotional Learning in the Fraser Valley

October 31, 2024 | By: [Adrienne Toye](#)



Drivers of Well-Being

The data taken through EDI, MDI, YDI, and AHS surveys has been organized under Drivers of Well-being.

These Drivers can be positively influenced by **school resources, polices, practices and activities.**

BC Children's Hospital and Fraser Health Identify these Drivers of Well-Being

Social and Emotional Competencies

- Emotional Regulation
- Social Competence
- Responsible Decision Making
- Cultural Pride
- Help Seeking

School Experiences

- School Climate
- School Belonging
- School Safety
- Supportive Adults at School
- Peer Belonging
- Peer Victimization
- Discrimination at school
- Student Voice
- Extra-curricular activity participation

Other

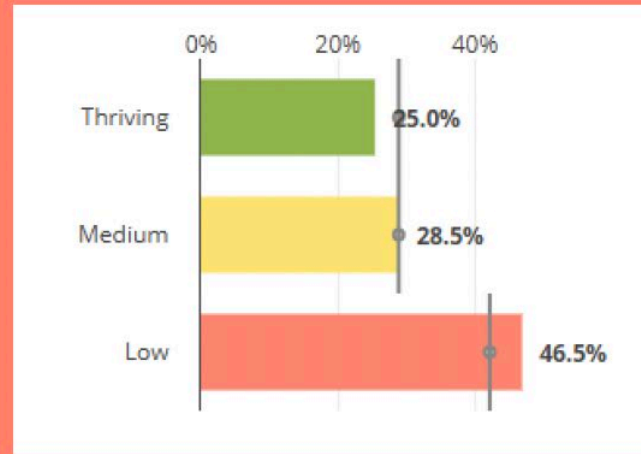
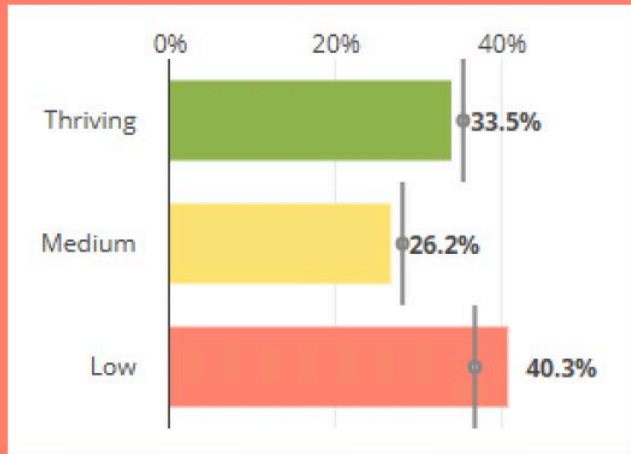
- Sleep
- Physical Activity
- Healthy Screen Use
- Food Security
- Substance related harm

Data – Well-Being

Checkpoint 1 continued

MDI 2023/24 Well-being Index Grade 4

MDI 2023/24 Well-being Index Grade 7

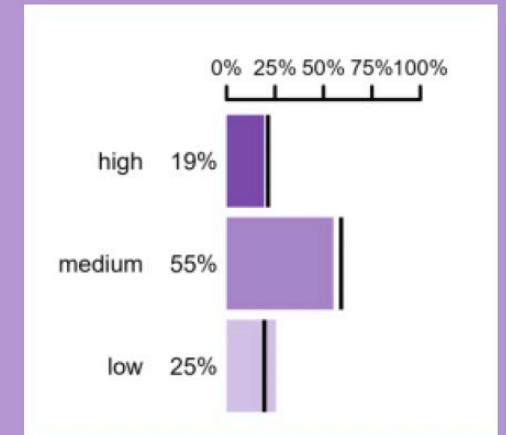


Grade 4-7

Below Provincial average on Thriving Index

Above Provincial average on Low Well-Being

YDI 2023/24 Thriving Index
Grade 10 - 12



Grade 10-12

Below Provincial average on Thriving
Above Provincial average on Low Well-Being

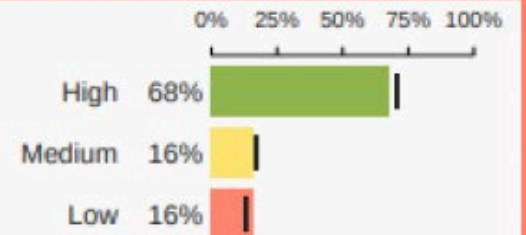
Data- School Belonging

Significant decrease in student belonging between grade 4 and grade 7.

MDI 2023/24 Grade 4*

SCHOOL BELONGING

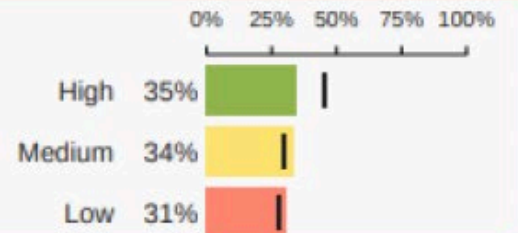
School belonging is the degree to which children feel connected and valued at their school. e.g., "I feel like I am important to this school."



MDI 2023/24 Grade 7*

SCHOOL BELONGING

School belonging is the degree to which children feel connected and valued at their school. e.g., "I feel like I am important to this school."



Data- School Belonging

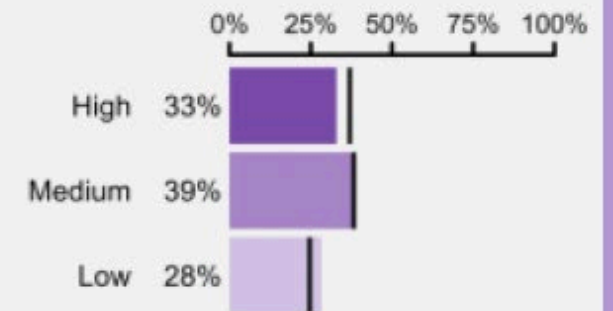
More stable
sense of
school
belonging
between
grade 7 and
12- though
still below
provincial
averages

YDI 2023/24 Grades 10-12*

SCHOOL BELONGING†

Youth's level of agreement with statements about their sense of belonging at school.

e.g., "I feel like I belong in this school."

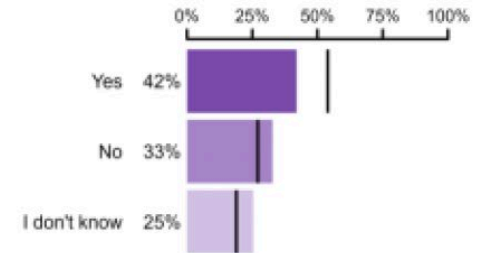


Data- School Safety

Safety in washrooms in an issue for Chilliwack and other districts in the province

WASHROOM SAFETY

Percentage of youth who feel safe using their school's washrooms.



How often students felt safe

	Never/rarely	Sometimes	Usually/always
Classrooms	5%	8%	88%
Washrooms	15%	22%	63%
Changing rooms	15%	15%	70%
Hallways and stairwells	6%	10%	84%
Library	4%	5%	91%
Cafeteria	6%	9%	85%
Outside on school grounds	6%	13%	81%
Getting to and from school	6%	9%	85%

Data- Take-Aways

Areas of Strength	Areas of Stretch
EDI increased social competency and lower vulnerability at K	Washroom safety: vandalism and fear of vaping consequences
Low feelings of cultural discrimination	Decline in school climate from grade 4-7
Peer victimization and Peer Belonging on par with provincial averages	Decline in school belonging and adult connection from grade 4-7 (noting staff feelings of burn-out may be impacting their willingness to go above and beyond to connect)
School climate at grade 4 is strong	Students feeling targeted for physical appearance
Students are physically active	Substance use
Accessing food at schools is becoming normalized	

Current Mental Health and SEL Resources

Checkpoint 2

Tier 1, 2 and 3 Mental Health and SEL Resources

Tier	K	Gr. 1	Gr. 2	Gr. 3	Gr. 4	Gr. 5	Gr. 6	Gr. 7	Gr. 8	Gr. 9	Gr. 10	Gr. 11	Gr. 12
3	Mental Health Behaviour Team												
3							PCRS 1:1 Support						
3							Memivelhtel						
2-3	Restorative Justice Restorative Circles												
1-3	Elementary Counsellors						Middle School Counsellors			Secondary School Counsellors			
1-3	Child and Youth Care Workers												
1-3							Inclusion Teachers						
1-3	erase (https://www2.gov.bc.ca/gov/content/erase)												
2	Roots of Empathy												
2							CCS Between the Bells						
1	Mental Health Literacy												
1	CCI Calm Classrooms (Angela Murphy)												
1	Positive Behaviour in Schools (PBIS)												
1	SOGI Resources												
1	Strong Start			Strong Kids			Strong Kids			Strong Teens			
1	EASEY/EASE						Mental Health Curriculum (PHE and Active Living)						
1	ALERT												
1	CALM												
1	Zones of Regulation												
1	Mind UP												
1	Restorative Justice Peace Circles Curriculum												
1							PCRS Prevention Workers						

Our Goal for a Strong District MHiS Strategy

A clearly articulated and embedded district strategy that:

- Articulates a common understanding of social emotional learning, resiliency, and mental health
- Highlights the connection between the core competencies and our trauma informed approaches to teaching and learning
- Contains aligned Tier 1, 2, and 3 resources and strategies for supporting student and adult mental health in our system



What evidence will show that we reached the goal?



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Quantitative Data (surveys)

- Reduction in vulnerability and an increase in well-being
- Increase in school safety and belonging
- Increase in knowledge and understanding of Mental Health Literacy
- Reduction of reliance on substances in response to mental health struggles
- Increase in help-seeking behaviour
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Street Data

- Identifiable self-regulation skills for staff and students
- Visible co-regulation skills so staff can support students to regulate
- Mental health is a safe/common/normalized topic of discussion
- T1 Resources that align at each level are being used
- Trauma informed approaches and language embedded in class structures to support mental health from K-12
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270 Days to a MHiS District Strategy

Checkpoint 1

MHiS Ministry Docs & EDI, MDI, YDI, AHS Data Review

Checkpoint 2

Embedded MHiS Framework & Resources and training plan to support

Checkpoint 3

Well articulated Tier 1-3 Resources at all Levels

Checkpoint 4

System check: Survey re: current resources





Survey the System

Checkpoint 4

Mental Health in Schools and
Social Emotional Learning



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