

### **MENTAL HEALTH PROGRAMMING 2023-2024**

#### ***Our Mental Health Framework***

- *Improving information and education with regards to Mental Health is a key component of our Healthy Schools Initiative.*
- *We have adopted multi-tiered systems of support focused on these three specific areas:*
  - *Information and professional development for staff*
  - *Education and strategies for students*
  - *Support and care for families.*
- *Oversight provided by Mental Health and Wellness Steering Committee.*
- *Trauma/ History Informed Practice is the overarching ideology that guides the overall implementation of strategy for the district.*

#### **Mental Health Programming**

To best facilitate a district wide approach to confronting this ongoing issue and to ensure the greatest reach, we have adopted multi-tiered systems of support focused on these three specific areas: information and professional development for staff, education and strategies for students, and support and care for families. Improving information and education with regards to Mental Health is a key component of our Healthy Schools Initiative.

Surrey Schools has a Mental Health Webpage that hosts a plethora of resources for staff, students and families.

<https://surreyschools.ca/mentalhealth>

#### ***Information and Professional Development for Staff:***

- Mental Health First Aid Training: School and district staff are trained by our own trainers using materials from the Canadian Mental Health Commission. For more information contact Coralee Curby ([curby\\_cora@surreyschools.ca](mailto:curby_cora@surreyschools.ca))
- Mental Health Resources and Curriculum for Schools: Through our Mental Health Website, we will continue to load resources for staff including resources from different organizations we have partnerships with ([www.respectfulfutures.ca](http://www.respectfulfutures.ca), <https://stigmafreesociety.com>, <https://www.openparachute.ca>, <https://www.robbynash.com>, <https://mentalhealthliteracy.org>) For more information, contact Daniel To ([to\\_d@surreyschools.ca](mailto:to_d@surreyschools.ca))
- Mental Health and Substance Use Mentorship and Coaching for an Administrator and Counsellor Cohort. This is a train the trainer pilot program that will have mentorship, coaching and professional development sessions.
- Counsellor training and support in dealing with Mental Health Crises and Self Harm tendencies in students. There will be professional development opportunities during the 2023/2024 school year.
- We have an ongoing partnership with Fraser Health and Child Youth Mental Health to run information sessions in schools and school zones open to families and staff with regards to healthy living, mental health, and mental health awareness. We will be reaching out to schools in each zone but schools can also contact Daniel To ([to\\_d@surreyschools.ca](mailto:to_d@surreyschools.ca)) if they are interested in these sessions.
- On the 3<sup>rd</sup> Wednesday of every month, we will be broadcasting a 40 minute Mental Health and Wellness Pro-D session from 3:15pm – 3:55pm on the district Mental Health YouTube Channel. Look for the links in the weekly memo.
- Surrey Schools also has a Mental Health YouTube Channel:  
<https://www.youtube.com/c/SurreySchoolsMentalHealthandWellness>

#### ***Education and Strategies for Students***

- Schools are encouraged to engage in the work of the Stigma Free Society which supports awareness, understanding and acceptance – focusing on mental health. <https://stigmafreesociety.com>. The district has access to their tool kits. For more information, please contact Daniel To ([to\\_d@surreyschools.ca](mailto:to_d@surreyschools.ca)).
- Supporting the new Surrey Foundry <https://foundrybc.ca/surrey/> - and linking services to school communities. For more information, please contact Daniel To ([to\\_d@surreyschools.ca](mailto:to_d@surreyschools.ca))



## LEADERSHIP IN LEARNING

- District sponsors the Robb Nash Project (<https://www.robbnash.com>) which is coming to do 3 live events October 17-19, 2023 for students in grade 8 and 9. This comes with a curriculum for staff to follow up with students. Please contact Daniel To ([to\\_d@surreyschools.ca](mailto:to_d@surreyschools.ca)) for more information.
- District sponsors the Balancing Our Minds Mental Health Conference for students – focusing on students from grades 5 – 10. We will once again be hosting a live conference in February. Please contact Daniel To ([to\\_d@surreyschools.ca](mailto:to_d@surreyschools.ca)) for more information.
- The district will sponsor mental health and wellness initiatives in secondary schools. Please contact Daniel To ([to\\_d@surreyschools.ca](mailto:to_d@surreyschools.ca)) for more information.
- The district will sponsor mental health and wellness initiatives in elementary schools. Please contact Daniel To ([to\\_d@surreyschools.ca](mailto:to_d@surreyschools.ca)) for more information.
- We have a continued collaboration with Fraser Health and Child Youth Mental Health to run school-based programs to support student mental health such as: CDTOP Program, HOPE Programs within Secondary Schools, specialized alternate programs to support students with mental health issues.
- Cre8 Art and Music Therapy continues to take referrals from school based staff to serve students who can utilize these two resources. Please contact Coralee Curby ([curby\\_cora@surreyschools.ca](mailto:curby_cora@surreyschools.ca)) or Swetha Ranasuriya ([ranasuriya\\_s@surreyschools.ca](mailto:ranasuriya_s@surreyschools.ca))
- Fraser Health Healthy Schools Initiative – working in partnership with Fraser Health – we have Fraser Health Nurses in 11 schools (secondary and elementary) working on healthy living and mental health initiatives with the staff and students. Please contact Daniel To ([to\\_d@surreyschools.ca](mailto:to_d@surreyschools.ca)) for more information.
- Partnering with the YMCA on their Teen Mindfulness Program for Anxious Youth Project and offering it in 7 Secondary Schools. If your school is interested, please contact Daniel To ([to\\_d@surreyschools.ca](mailto:to_d@surreyschools.ca)).
- Continued work within our indigenous community in providing mental health and wellness supports to indigenous youth in our school communities.
- The Here for Peers Program <https://vancouver-fraser.cmha.bc.ca/programs/here4peers/> is happening at 3 different secondary schools. For more Information contact Selma Smith ([smith\\_selma@surreyschools.ca](mailto:smith_selma@surreyschools.ca)).
- Two HUB Outreach Programs in South Surrey and Cloverdale with the focus of reaching out to students with attendance issues and helping them find their way back to a more fulsome participation in the school community. For more information, please contact Daniel To ([to\\_d@surreyschools.ca](mailto:to_d@surreyschools.ca)).

### ***Support and Care for Families***

- This year, we will be offering after school/evening information sessions on mental health and physical health issues that affect mental health. To find out more, please contact Daniel To ([to\\_d@surreyschools.ca](mailto:to_d@surreyschools.ca)).
- Through a partnership with Child Youth Mental Health and the Doctors of BC Child and Youth/Substance Use Collaborative Local Action Teams, created a mental health prescription pad for each zone that schools can give students and parents suggestions of where to seek out mental health support and support them through that process.
- Working in collaboration with our Healthy Schools Committee and Feeding Futures program to ensure families have the nutritional sustenance in order to participate fully in their school communities.
- We continue to support indigenous families with resources and materials with regards to mental health and physical wellness via our Aboriginal Education Department and our Healthy Schools Initiative.
- Surrey/White Rock Integrated Youth Collaborative that we are sitting on right now (Foundry model)
- We continue to examine economic, food and, sometimes, even home security issues, how they hinder education, and what we can do to support families: all to facilitate a more edifying educational experience for students.

#### **Key Contacts:**

Daniel To, District Principal  
Education Services | Specialty Programs  
778.772.4992  
[to\\_d@surreyschools.ca](mailto:to_d@surreyschools.ca)

Coralee Curby, School Psychologist  
Student Support | Education Services  
[curby\\_cora@surreyschools.ca](mailto:curby_cora@surreyschools.ca)