



Mental Health and Wellness

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Daniel To

Coralee Curby



- Husband to Michelle
- Father to Madeline Reine & Spencer Morgan
- District Principal, Education Services
- Bachelors and Masters of Education (Curriculum), University of British Columbia
- Doctor of Education (Leadership), Simon Fraser University
- More info at www.drdanielto.com



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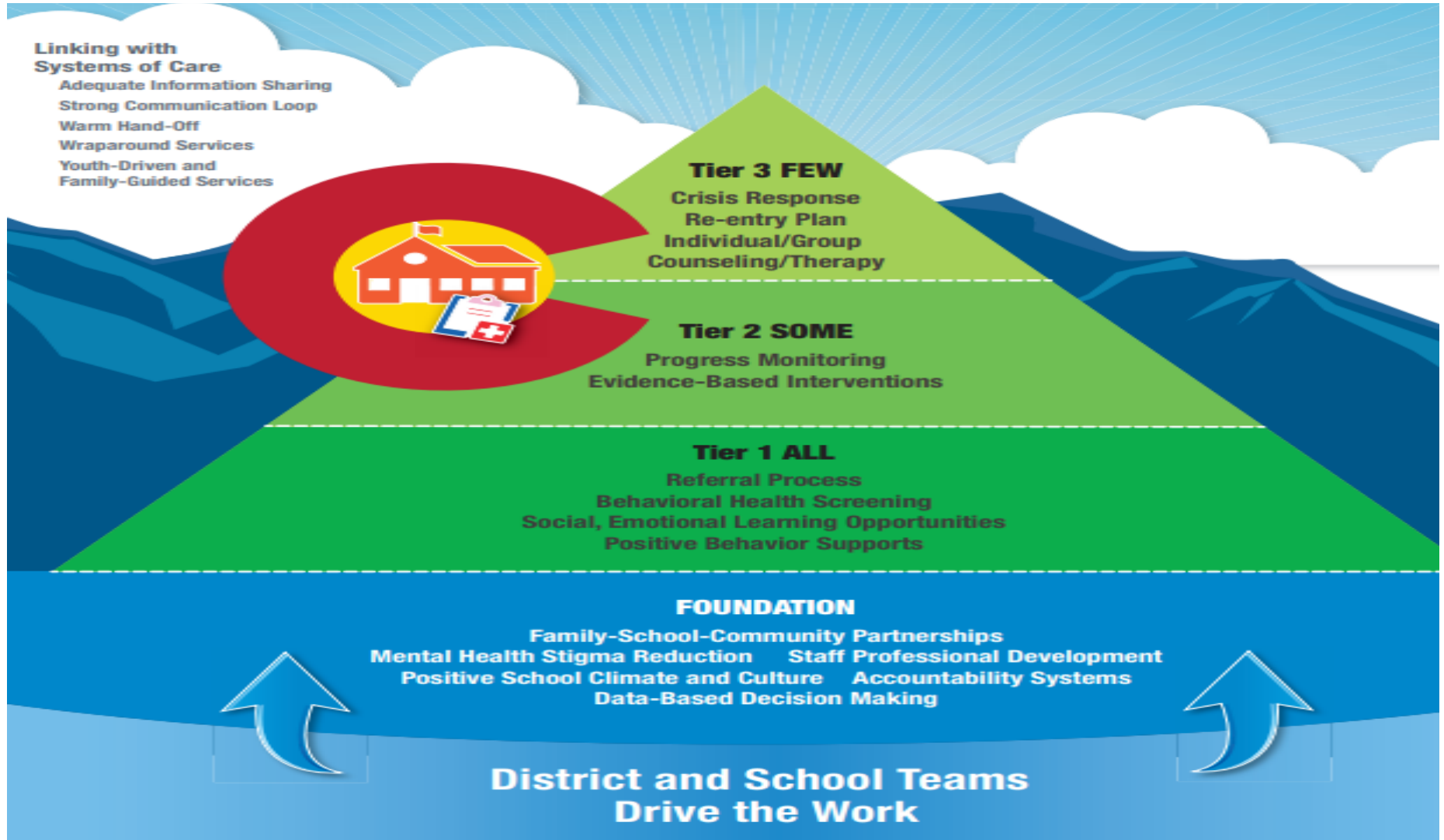
- Mom to 2 awesome kids
- School Psychologist with a counselling background



1. The District's Mental Health Model
2. Why are we here: Mental Health and our students
3. Discussion
4. Membership, Engagement, Self Esteem, and Academic Success
5. Discussion
6. Questions

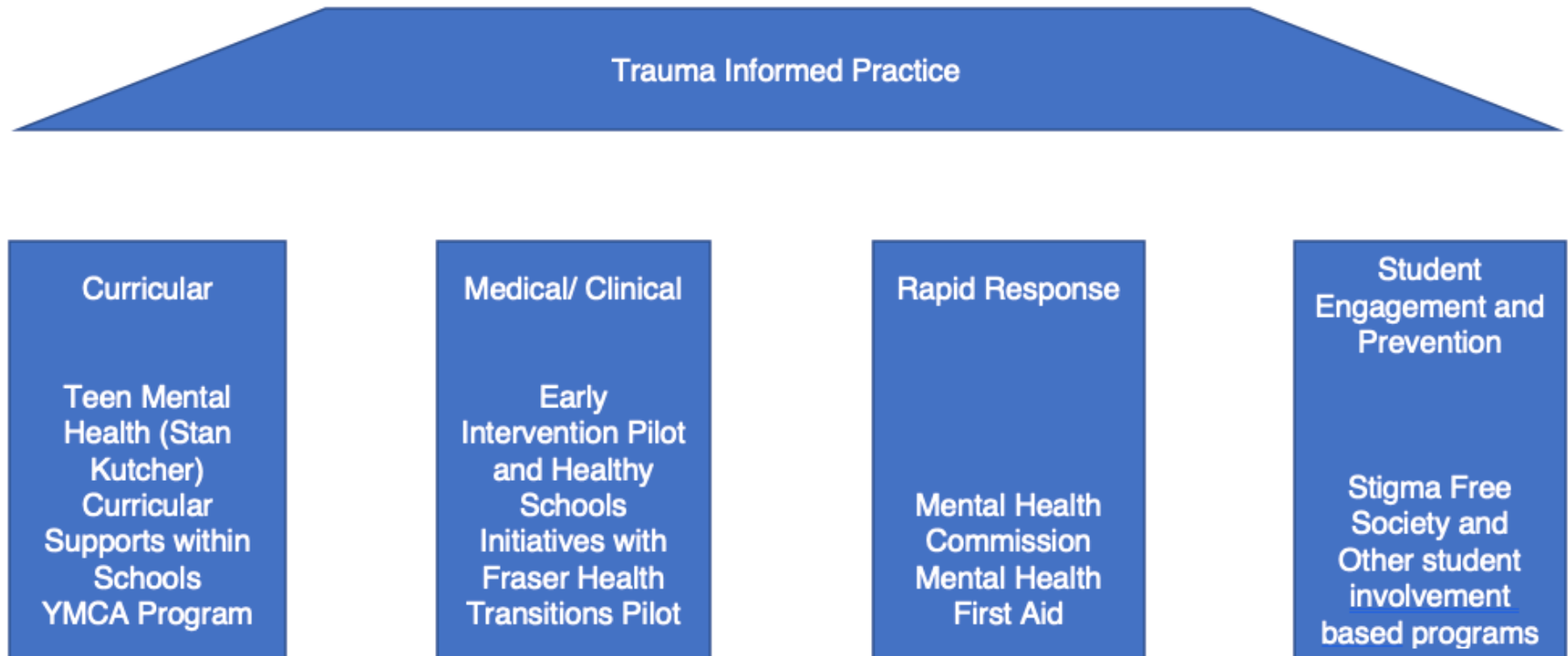
- Improving information and education with regards to Mental Health is a key component of our Healthy Schools Initiative.
- We have adopted multi-tiered systems of support focused on these three specific areas:
 - Information and professional development for staff
 - Education and strategies for students
 - Support and care for families.

The Healthy Schools Initiative – which is a joint committee between multiple district departments and Fraser Health guides this work



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District Mental Health Supports and Interventions



Team

Daniel To	District Principal
Tim Cross	Secondary Principal
Carla Walsh	Secondary Vice Principal and Former Elementary Teacher
Doug Litke	Continuing Education Principal
Coralee Curby	School Psychologist and Mental Health Project Team Lead

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Pilots/ Projects on the Go

- ***Healthy Schools Initiative: Oversight Committee**
 - Fraser Health, CSP, Safe Schools, District Staff
 - Chaired by Daniel and/ or any member of the Mental Health Advisory
- Cloverdale Early Intervention
 - CYMH, Clayton family of Schools, Circle 5 Elders, MCFD, Fraser Health
 - Going to the Kwantlen Park Family of Schools in January 2021
- South Zone Transitions/ HUB
 - South Zone Schools, District Staff
- South Zone Mental Health Triage
 - Doctors of BC, CYMH, District, Fraser Health
- Social Development Transition Outreach
 - Community Schools

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Pilots/ Projects on the Go

- YMCA Mindfulness Program
 - 10 Secondary Schools
- StigmaFree Society Partnership
 - District Wide
- Mental Health First Aid Training
 - District Wide – FREE CERTIFICATION
- Teen Mental Health
 - District Wide – FREE CERTIFICATION
- Art and Music Therapy: Cre8 (online and live at Creekside and Janice Churchill)
 - Charles and Eve Chang Foundation, Emily Piper RCC, District, Emily Teng, RCC, Music Heals

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Pilots/ Projects on the Go

- Mental Health and Wellness 40 (MHW40)
 - Live 40 Minute ProD Monthly on Youtube Live Starting October 14, 2020. Every Wednesday (except November) – special guests from outside the district to give Pro-D on Mental Health
- Respectful Futures Program
 - Ministry of Corrections, Ministry of Education, District
- Access 2022 – Speakbox – French And English

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So....Mental Health....
It's a thing...

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Gingivitis	Mild Asthma	Low Back Pain
Uncomplicated Diabetes	Mild Depression	Epilepsy
Mild/Moderate Panic Disorder	Anorexia	Mild/Moderate Obsessive-Compulsive Disorder
Non-invasive Breast Cancer	Moderate Depression	Severe Asthma
Complete Hearing Loss	Chronic Hepatitis B Infection	Severe Vision Loss
Operable Small Cell Lung Cancer	Severe Post Traumatic Stress Disorder	Paraplegia
Quadriplegia	End-Stage Parkinson's Disease	Severe Dementia

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Answer Key

Answer key:

The following lists illnesses from least to most disabling:

- Gingivitis
- Mild asthma
- Low back pain, uncomplicated diabetes
- Mild depression, epilepsy
- Mild/moderate panic disorder
- Anorexia, mild/moderate obsessive compulsive disorder, non-invasive breast cancer
- Moderate depression, severe asthma, complete hearing loss, chronic hepatitis B infection
- Severe vision loss, operable small cell lung cancer
- Severe post-traumatic stress disorder, paraplegia
- Severe depression, brain injury with permanent impairments
- Severe schizophrenia, quadriplegia, end-stage Parkinson's disease, severe dementia

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Why are we here?

- Mental Health Issues growing more prevalent
- Showing up earlier in lives
- Understanding the role of Adverse Childhood Experiences
- Awareness
- Ability



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What are some Initial signs

- Lower Self Esteem
- Depression
- Unhealthy social connections
- Unhealthy eating habits
- Mood changes
- Anxiety



Mental Health Challenges

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Mental Health Issues

- Silent
- Intense
- Persist over a long period of time
- Different from physical ailments
- Confused for physical ailments
- Issues can compound
- Example: Ear Ache vs. Psych Ache

Dr. Ian Manion, Ph.D, Canadian Psychiatritic
Institute for Mental Health Research



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Warning Signs

- Intense feelings of Hopelessness and Helplessness
- Mood Swings
- Sad and Lonely for an extended period of time
- Low Energy for an extended period of time
- Changes in Appearance, Eating, Appetite
- Using or excessively using Alcohol or Tobacco or other Drugs
- Hearing or Seeing Things
- Wanting to harm self or other



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Discussion 1

What is your reaction in your work when you notice someone with signs of mental health issues?

Why do you think you react this way?

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Surrey Schools

LEADERSHIP IN LEARNING

What Is Mental Health?

"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. [More specifically] mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community" (World Health Organization)

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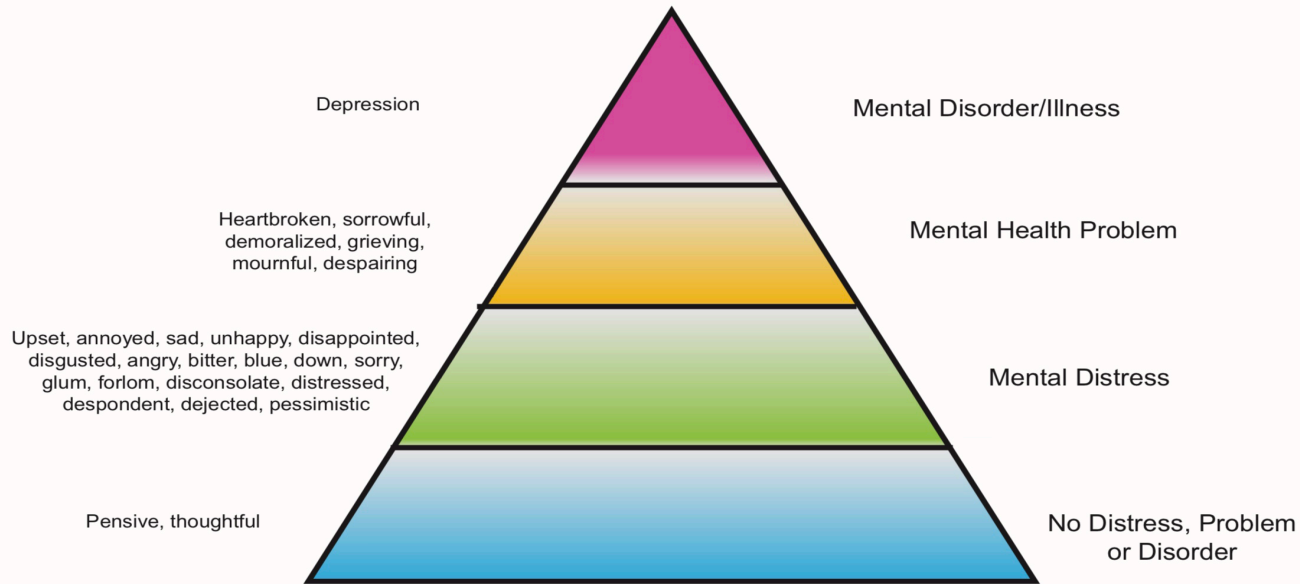
Maslow's Hierarchy Of Needs



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The Inter-Relationship of Mental Health States: Language Matters



Check out Dr. Kutcher's video blog, *The Inter-Relationship of Mental Health States: Language Matters* at: <https://www.youtube.com/watch?v=LsowyMnqCRs&t=1s>

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Discussion 2

In your school – do you think, as a CYCW you have...

- 1. ...created an environment in which students feel safe, valued, engaged and purposeful?*
- 2. ...considered what individual students – with their unique needs require to succeed?*
- 3. ...engaged students in their own diagnosis and treatment/care/ education plan?*

What are some of the barriers to doing this?



*Really ... in addition to Mental Health – it's also
all about belonging.*

*Membership, Engagement, Self Esteem,
Academic Success*

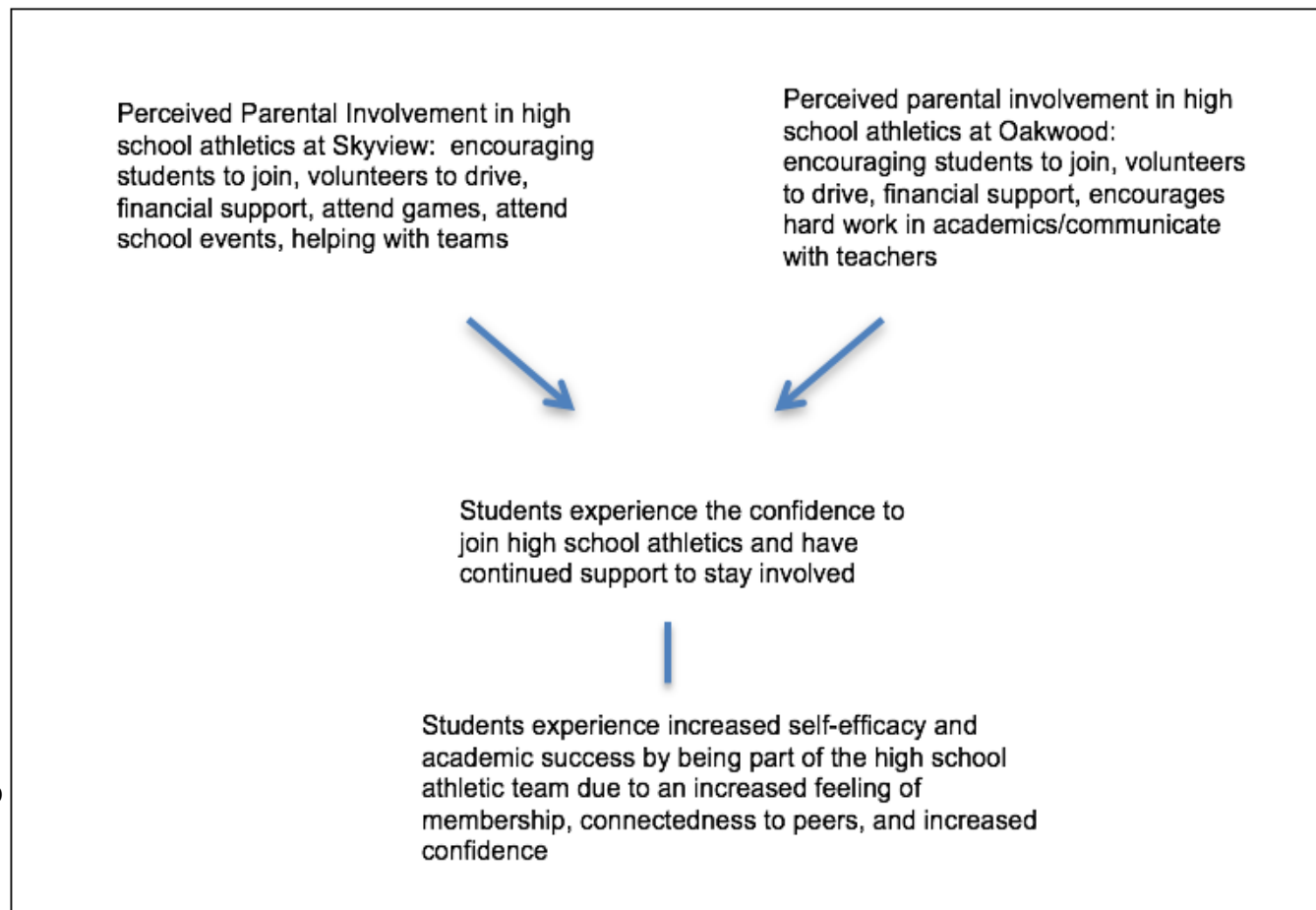
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The Reality is..

Without membership (sense of belonging), the engagement in any sort of learning is temporary, as the social constructs that surround membership, which is crucially important to student success, would be lacking.

Transferring and Creating Sense of Membership

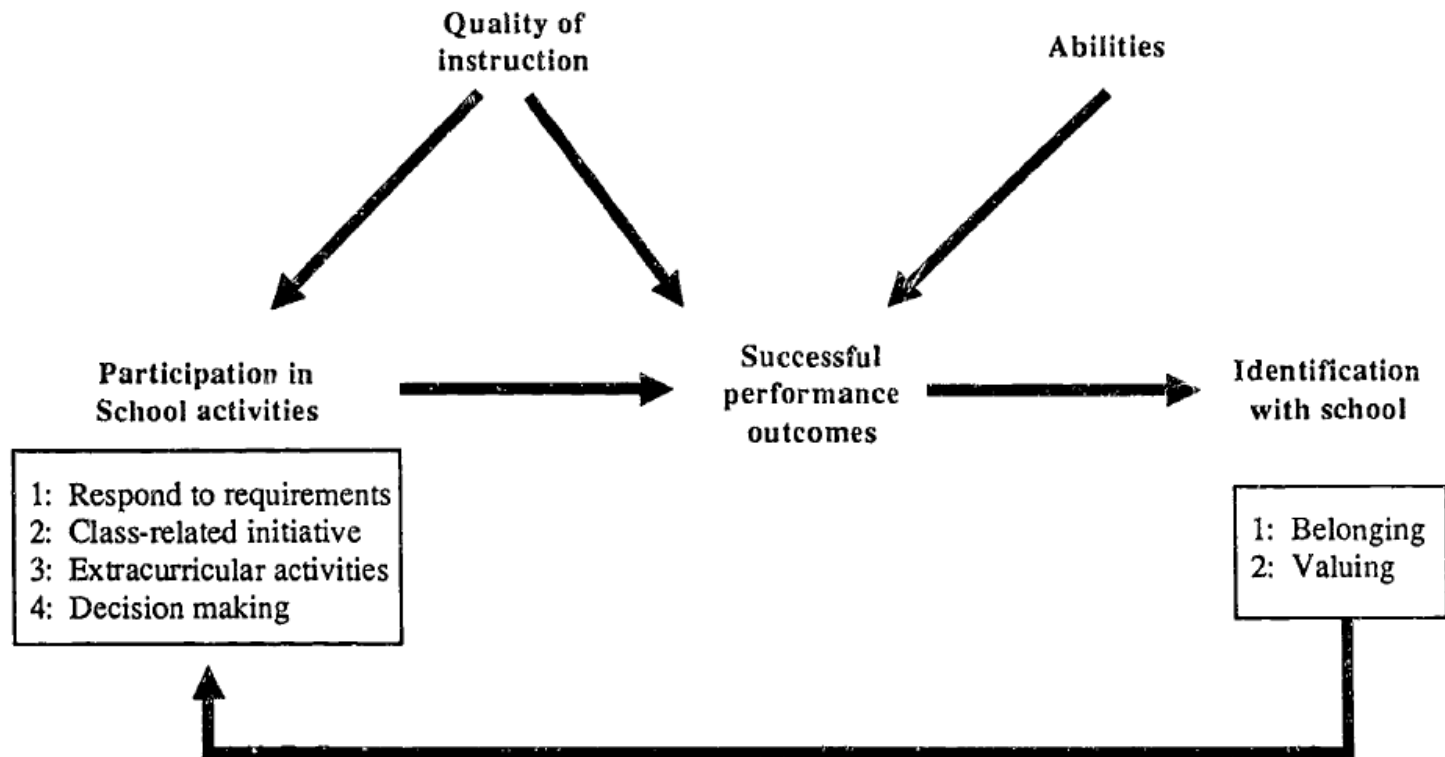
Perceived Parent Involvement, Membership, Self-Efficacy, and Academic Success



From Dr. Daniel To
Ed.D Thesis, 2017

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Finn's Participation and Identification Model (1993)



- The School needs to give Student opportunities for true membership.
- The School needs to set up purposeful peer groups/ membership opportunities for Students.
- Students need trusted adults in their lives AND maintain a connection with their peer groups and family AND have these areas **CONNECTED!**

Discussion 3

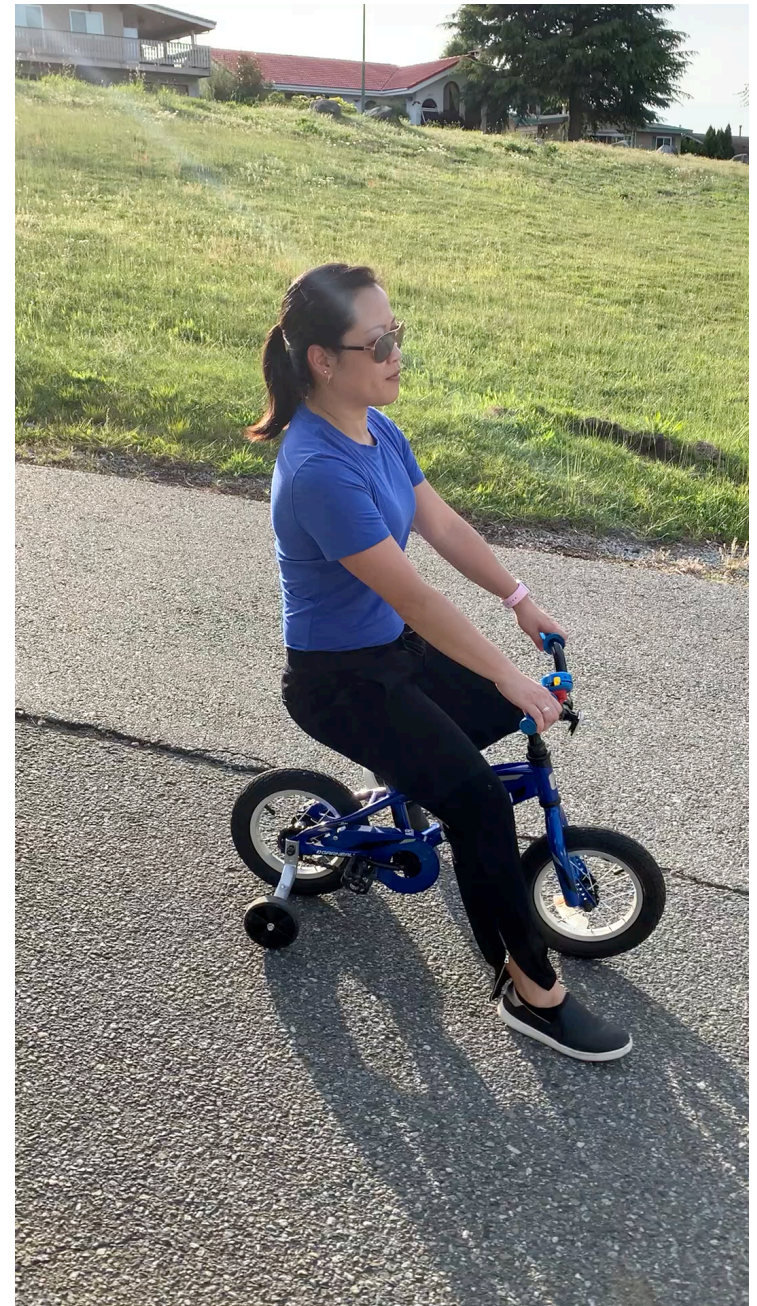
What are the biggest barriers to serving youth with mental health and wellness issues?

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Don't change practice

Change your perspective!!



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- Mental Health : It's a health concern and it's real
- Membership : Directly linked to self esteem and academic success
- Champion: Every child needs a champion

What Can You Do?

- Checking In
- Warning Signs
- Educate About Misconceptions
- Connect with Supports
- If there is a crisis, contact crisis line
 - Kids Help Phone (1-800-668-6868)
 - START (1-844-782-7811)
 - Crisis Centre (1-800-784-2433)
 - If immediate risk/danger call 9-1-1



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Additional Resources

- Canadian Mental Health Association
- <https://cmha.bc.ca/>
- Kelty Mental Health
- <https://keltymentalhealth.ca/>
- Health Link BC
- <https://www.healthlinkbc.ca/mental-health-substance-use>



Contact

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Slides and Resources at:

<http://educationserviceschool.ca>

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