



The Principle

- 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

Healthy Schools Initiative

Education Services

Fraser Health Partnership



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.
- Teen Mental Health Training: School Staff are trained in using the School Mental Health Curriculum and infusing it into their teaching practice. <http://teenmentalhealth.org>
- Funding for School/ zonal based initiatives

Healthy Schools Initiative

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- District wide training on Professional Development days. For example, on the April 8, 2019 professional development day we offered a Trauma Informed Practice all day seminar which was attended by 370 staff.
- Continued 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.

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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>
- District sponsors the Balancing Our Minds Mental Health Conference for students – focusing on students from grades 8 – 10. Speakers, booths, resources and discussion forums are made available on this day.
- District sponsors mental health awareness week in secondary schools.



- District 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.
- Continued collaboration with community groups and other governmental agencies to create resources focusing on supporting youth (Music Therapy, Art Therapy)

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- Partnering with the YMCA on their Teen Mindfulness Program for Anxious Youth Project and offering it in 7 Secondary Schools.
- Continued work within our aboriginal community in providing mental health and wellness supports to aboriginal youth in our school communities.

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Support and Care for Families

- After School/ Evening Information sessions on mental health and physical health issues that affect mental health.
- 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.
- District offers Parent Connect programs when needed and necessary.

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- Safe Schools and Community Schools have outreach workers, phonelines and social media to support students who need support anonymously.
- Supporting aboriginal families with resources and materials with regards to mental health and physical wellness via our Aboriginal Education Department and our Health Schools Initiative.
- Surrey/White Rock Integrated Youth Collaborative that we are sitting on right now (Foundry model)

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