

REPORT BACK from 2018 - 2019

MENTAL HEALTH		
GOALS	TARGETS IN 2018-2019	EVIDENCE 2018 - 2019
<p>Increase capacity throughout the system in regards to student mental health and well-being.</p> <p>Increase mental health services in secondary schools.</p> <p>Increase social-emotional learning in the classroom.</p> <p>Engage external stakeholders with regards to mental health services in our schools.</p>	<p>To provide professional development to the system in the following areas: suicide awareness training, suicide intervention training as well as various modules from Supporting Minds, as determined by local needs.</p> <p>Hire 6 mental health professionals, provide training in Brief Intervention for School Clinician and integrate their services in 6 targeted secondary schools within a multi-disciplinary team to provide counseling services to students.</p> <p>Mental health professionals facilitated social-emotional programs into classrooms at the secondary panel and teachers at the elementary panel were invited to participate in the Faith & Wellness pilot, bringing everyday mental health activities into the classroom.</p> <p>Collaboration with about 12 mental health agencies that bring mental health programs into our schools.</p>	<ul style="list-style-type: none"> • 180 staff members were trained in suicide awareness skills • 60 staff members were trained in suicide intervention skills • 60 staff members trained in anxiety disorders • 40 staff members trained in mentally-healthy classroom <ul style="list-style-type: none"> • Mental health professionals* delivered social-emotional programs in 12 classrooms in 6 high schools • The percentage of students (total of 186) that felt they could not cope with all the things they had to do went down from 45% at pre-test to 34% at post-test. • Mental health professionals* counselled 41 students <p>*MH professionals were hired in April 2019.</p> <ul style="list-style-type: none"> • Faith & Wellness program in 4 schools • Mental health professionals* delivered social-emotional programs in 12 classrooms in 6 high schools. <p>*MH professionals were hired in April 2019.</p> <p>Memoranda of Understanding were renewed with about 12 mental health agencies with whom we continue to collaborate in bringing mental health programs into our schools for students.</p>
<p>Goal status and explanation if goal not met: Monitor</p> <ul style="list-style-type: none"> • Some teachers were unable to attend the Professional Development workshop due to later hiring date. As a result, they were not able to implement the program and see evidence of impact. 		
<p>NEXT STEPS or STRATEGIES TO SUPPORT GOALS:</p> <ul style="list-style-type: none"> • Continue to provide professional development to the system by adding the ADHD module of <u>Supporting Minds</u>, continue suicide intervention training to our clinicians, guidance counselors and school administrators and suicide awareness training to the system, as well as other training from <u>Supporting Minds</u>. • The team of mental health professionals continue to offer social-emotional programs in classrooms including <u>Stress Lessons</u> and <u>STRONG</u> to our newcomer students. • The team of mental health professionals continue to counsel students in 12 targeted high schools to complement mental health services provided by the psychology and social work service providers. • Collaborative work continues with our mental health agency partners to bring evidence-based and evidence-informed programs and interventions to our students. 		