

Youth and Family Matters Report

February, 2023

This report is an introduction to the BC School Centred Mental Health Coalition

“The Coalition has always been about connection between people and organizations. It is about sharing our creative, collective knowledge to promote and sustain positive well-being in schools. This website gives us another platform to continue the connection, conversations and actions that we are committed to. This is an exciting time in our province for promoting school connectedness and well-being. The Coalition is uniquely positioned to support this work. So come and join us as we harness the power of the collective and get to work on improving the health and well-being of everyone in our school communities!”

NEXT MEETING: APRIL 14, 2023 | 9:00AM – 3:00PM IN PERSON

Website link: [BC School Centred Mental Health Coalition | Kelty Mental Health](#)

Agenda link: [1 BCSCMHC Agenda February 3, 2023 .pdf - Google Drive](#)

Background: I first heard about Kelty Mental Health after working with the Victoria Family Court and Youth Justice Committee and Dr. Basil Boulton (Esquimalt representative on VFCYJC with me from 2002 – 2008) in his advocacy work to address both Child Rights and Youth Mental Health until his death in 2008. At the time we were working together on a pilot program in schools that combined a mental health team, medical team, and educators to better support children.

“Boulton co-authored a comprehensive study of child health care in the Capital Region of British Columbia.^{[7][16]} As a result, all child health services throughout the region were coordinated years before regional Health Authorities were formed.^[4] The study also resulted in the creation of a Child and Family Ambulatory Unit at [Victoria General Hospital](#), and the establishment of child and adolescent psychiatric services at Ledger House.” [Basil Boulton - Wikipedia](#)

VFCYJC efforts to advance health clinics in schools, including at Belmont Secondary (SD62 2008 – present) and Royal Bay Secondary and in areas where youth feel safe to participate (Sidney Youth Clinic) began with the efforts of Dr. Boulton and others at VFCYJC to understand recidivism in Youth and advance best practices for wellness, Human Rights, Education and to support communities in providing the right services at the optimum time.

To enquire about joining the Coalition, please email us: bcscmhCoalition@gmail.com

Moving from Data to Action (Working Group) – Charlie Naylor

[2 BCSCMHC Data to Action working group - Feb 3, 2023.pdf - Google Drive](#)

Concepts of Data

- Satellite: Big picture data (e.g., test scores, attendance data, graduation rates) that can show big trends, but lacks nuance, can reinforce implicit bias, and is often reported after the fact making it difficult to drive meaningful action
- Map: Medium grain data (e.g., MDI, YDI, Adolescent Health Survey) that can act as a “GPS of learning trends and gaps”
- Street: Data gathered “on the ground” from the voices and experiences of students, staff and families. Street data can help highlight the voices on the margins and illuminate “map” data

Concern: Identify Issue/ Lag – seems like nothing happens as a result of identifying the issues

ie: SD62 identified the large number of emails as a stress factor

Goal: reduce the number of emails

Policy – Data Walk – Plan – Action (low hanging fruit) – Give Hope – ID what’s stopping you

- Busy people
- Hard to access data out of a massive amount
- Negative reactions (especially in large group)
- Allocation of resources to increase results/uptake/seeing results of process

This group has identified a real risk is that if no results come of efforts, efforts stop. Information will not be authentically shared if there is no plan to overcome obstacles to change.

Ministry News - Krystal Dash (Ministry of Education & Child Care)

Anti-Racism Action Plan – January 23rd announcement

[B.C. launches anti-racism action plan for K-12 students | BC Gov News](#)

“This action plan was developed through discussions over three years with students, rightsholders and Indigenous partners, education partners, educators and staff, as well as community organizations. Future anti-racism work by the Ministry of Education and Child Care will continue to incorporate feedback from the education sector and those with lived experiences of racism.

Ministry of Education and Child Care News:

<https://news.gov.bc.ca/releases/2023ECC0003-000066>

<https://www2.gov.bc.ca/assets/gov/erase/documents/k-12-anti-racism-strategy.pdf>

<https://www2.gov.bc.ca/gov/content/erase/racism>

Integrated Child and Youth Team expansion

<https://www2.gov.bc.ca/gov/content/governments/about-the-bc-government/mental-health-and-addictions-strategy/integrated-child-youth-teams>

-New ICY communities: Mission, Fraser-Cascade (Hope, Harrison, Agassiz), Kootenay-Columbia (Trail), **Nanaimo-Ladysmith**, Okanagan-Shuswap (Salmon Arm), **Pacific Rim** (Port Alberni) and **Powell River**

-Please feel free to reach out to the Mental Health and Substance Use branch with any other questions at EDUC.MentalHealth@gov.bc.ca

BIG ISSUES

- Racism
- Evolving documentation of approach to share
- Linking Reports /Actions
- Discomfort noted with return to In Person – especially teens because being ‘off-camera’ on zoom allowed those who were being bullied/criticized/called out to stay out of range of those peers who would target them on other platforms or in person

Student Voices for Mental Health in SD 72 Campbell River: Sherry Hanna

PreVenture is a prevention program for youth aged 12-18 that uses personality-focused interventions to promote mental health and reduce the risk of substance use. Benefits can be achieved with just two 90-minute science and evidence based workshops.

Workshops are designed to help students learn useful coping skills, set long term goals, and channel their personality traits towards achieving them, so that they can thrive in all areas of their lives.

50% Reduction in Drug Use

50% Reduction in Alcohol Use

30% Reduction in Drug Use

50% Reduction in Alcohol Harms

AND Reduced: * Anxiety/Depression * Suicidal Ideation * Bullying/ Victimization

Pink Shirt Day 2023 - Wednesday, February 22nd [Pink Shirt Day 2023 - Pink Shirt Day Canada](#)

[PreVenture – Evidenced-Based | Youth Mental Wellness \(preventureprogram.com\)](#)

[3 Student Voices for Mental Health.pdf - Google Drive](#)

[Richmond teen calls for mandatory mental health education | Watch News Videos Online \(globalnews.ca\)](#)

Finding a Safe Space for Youth

Student Agency/Power Structure

What learners feel and are able to do – Student Centred, agency to decide how/who its shared with

Political Advocacy for those with lived experience of Mental Health

Made a Video in 2021/22 with support from Richmond Mental Health Team and UBC

Youth Advisory Group of Highschool students

- Create safe spaces
- Identify Systemic inadequacies.
 - Ie: Intergenerational mental healthAnswer: Reframe to promote positive intergenerational mental health
- Can watch the video on Youtube – set the stage for District Action
- Used “Street Data” of empathy interviews to inform action
- Held online meetings every 2 weeks with open ended questions

I.e. ASK: “What one small thing could each staff member embody and/or integrate into their current class structures or curriculum that would make a big difference to their students' well-being?”

PE Teachers teaching Mental Health units as part of the curriculum did one day events to go over what they heard, including ‘first peoples principles’ and ‘ways of knowing’.

An example that they share: student with depression was constantly having to explain what depression was (ie: hard to be in class some days)

- Wellness vs. Diagnosis
- Mental Health Literacy and Mental Wellness
- Self Acceptance
- Parental awareness and attitudes to mental health
- Family Culture
 - Students want to communicate with parents
 - Parents need literacy supports
- Identify what works and what doesn't

The Big Take away - How to bring Mental Health into each day, not just 1 unit per year – **Use Data to Support Systemic Change, make data gathering the ‘norm’ not the exception. How they incorporated what they learned:** Richmond has started a pilot project with the Canadian Mental Health Association’s [Here4Peers](#) program and have 30 Youth Mental Health Ambassadors who will be **going out to their feeder elementary schools** to deliver **Mental Health Literacy workshops** for grade 6/7 students.

Sabrina Khan - Health Promotion Specialist,
Health Promotion & Health Literacy, BC Children's Hospital

BC Children's Hospital Kelty Mental Health has a Newsletter for BC School Professionals

Discussion was about how to effectively disseminate this toolkit

Balancing Our Minds **Youth Action Toolkit**: <https://balancingourminds.ca/>

[4 Balancing Our Minds Toolkit Presentation.pdf - Google Drive](#)

BC Children's Health Literacy/Health Promotion Practice Support Coaching. Contact the coaches with health promotion in schools questions at: schoolmentalhealth@cw.bc.ca <https://keltymentalhealth.ca/school-professionals>

One part of self-care is being aware of one's boundaries and making sure we are not taking on too much. It's important to notice when you're stressed or struggling, identify what you need to be healthy and take the time to do it.

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Lifespan Health and Development
Asst. Professor, Psychology

Parent Event with more than 200 Parents

Youth Inspiring Action for Mental Health - Video Toolkit Premiere Feb 15, 2023 03:30 PM

Links and Updates:

McCreary Projects – Annie Smith, McCreary Centre Society (mcs.bc.ca) a non-government not-for-profit committed to improving the health of BC youth through **research, evaluation and community-based projects**. https://www.mcs.bc.ca/index.php/download_resources

YDI – Centering Student Voice – Jacquie Maloney (SFU)

o ABC's of Substance Use – Art Steinmann [Promoting Student Well-Being: The ABCs of Substance Use Education | Kelty Mental Health](#)

o Dalai Lama Center (DLC) – Andy Price (new Executive Director) [Home | Dalai Lama Center for Peace and Education](#)

o Practice Support Coaching – Amy Caelles