

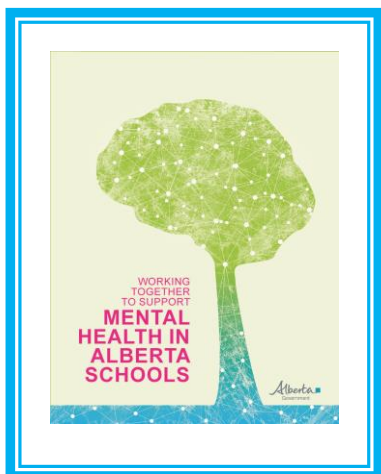


## Supporting Positive Mental Health & Well Being

We want all students to be successful in their learning, and we recognize that positive mental health enables students to fully participate in their learning. When teachers identify students who appear to be struggling with mental health and well-being, we work with community partners to refer and suggest resources for students and their families. Supporting student mental health and well-being takes a village: students, families, Alberta Health Services, community supports and school staff all play a role.

The work of the CBE is aligned with the work of Alberta Education. Alberta Education collaborated with school authorities, community partners and cross-ministry partners who shared their expertise in the development of a resource entitled:

[WORKING TOGETHER TO SUPPORT MENTAL HEALTH IN ALBERTA SCHOOLS](https://education.alberta.ca/media/3576206/working_together_to_support_mental_health.pdf) [https://education.alberta.ca/media/3576206/working\\_together\\_to\\_support\\_mental\\_health.pdf](https://education.alberta.ca/media/3576206/working_together_to_support_mental_health.pdf)



This resource is an invitation for schools, their partners and families to reflect on current practices, leverage current initiatives and consider how the promotion of mental health and well-being can be more effectively embedded in school and system policies, practices and services. As understanding about mental health and well-being, brain development, learning environments and school communities evolve; best practices will also change and evolve.

### What is the role of the classroom teacher to support student positive mental health?

#### Teachers:

- Provide appropriate support within the framework of a welcoming, caring, respectful and safe learning environment when they recognize that a student may be struggling with mental health difficulties;
- Work together with other school staff to help all students learn about and experience positive mental health;
- Create a learning environment that is inclusive and values diversity. Provide appropriate universal and targeted strategies and supports to address students' strengths, learning challenges and areas for growth;
- Foster equality and nurture a sense of belonging and a positive sense of self;
- Look for teaching and learning opportunities to enhance resiliency, social-emotional competencies and other mental health literacies;
- Collaborate with service providers and other specialists to design and provide targeted and specialized supports; and

- Build positive relationships with students, families, peers and others in the school and in the community to support student learning and well-being.

### **What is the role of the school to support student positive mental health?**

#### **Schools:**

- Support inclusive learning environments;
- Provide their staff with resources and professional development opportunities to help them enhance their knowledge and understanding of mental health;
- Work with staff, students and their families to reduce the stigma associated with mental health issues and mental illness; and
- Build positive working relationships with students, teachers, support staff, families, school councils and community partners so mental health needs can be identified, discussed and responded to.
- Make referrals to the area learning team who will then triage to the appropriate area supports

### **What is the role of community partners and agencies in supporting children's' positive mental health?**

#### **Partners:**

- Provide information, support and advice to schools on early identification of mental health concerns;
- Provide small-group and targeted interventions, on an as-needed basis;
- Work with schools to clarify local pathways to service;
- Provide crisis response when there are significant school or community events that could negatively impact the mental health of students and school staff.
- Provide assessment and coordinated intervention and treatment for individual or small groups of students;
- Ensure that procedures are in place to share relevant information from and with school staff;
- Share outcomes and recommendations with families and school teams; and
- Support schools in understanding and responding to the learning and transitional needs of individual students with significant mental health needs.

## **What is the role of parents and families to support their child's positive mental health?**

### **Parents and families:**

- Support positive mental health habits at home;
- Have an awareness of signs of mental health concerns;
- Support their child/youth in obtaining the supports needed;
- Provide information to school staff (such as classroom teacher, guidance/resource counsellor and/or administration) and service providers that support their child/youth;
- Support communication between home, school and community;
- Collaborate with service providers and school staff; and
- Engage in service when and to the extent that is appropriate

## Resources for Mental Health

911

[Access Mental Health](#)

[Alberta Family Wellness Initiative](#)

Be sure to check out the **free** Brain Certification Course. This is a very thorough and informative online learning opportunity to help the public increase their understanding of brain development and how experiences in the first years of our lives affect the physical architecture of the developing brain.

[Calgary Distress Centre](#)

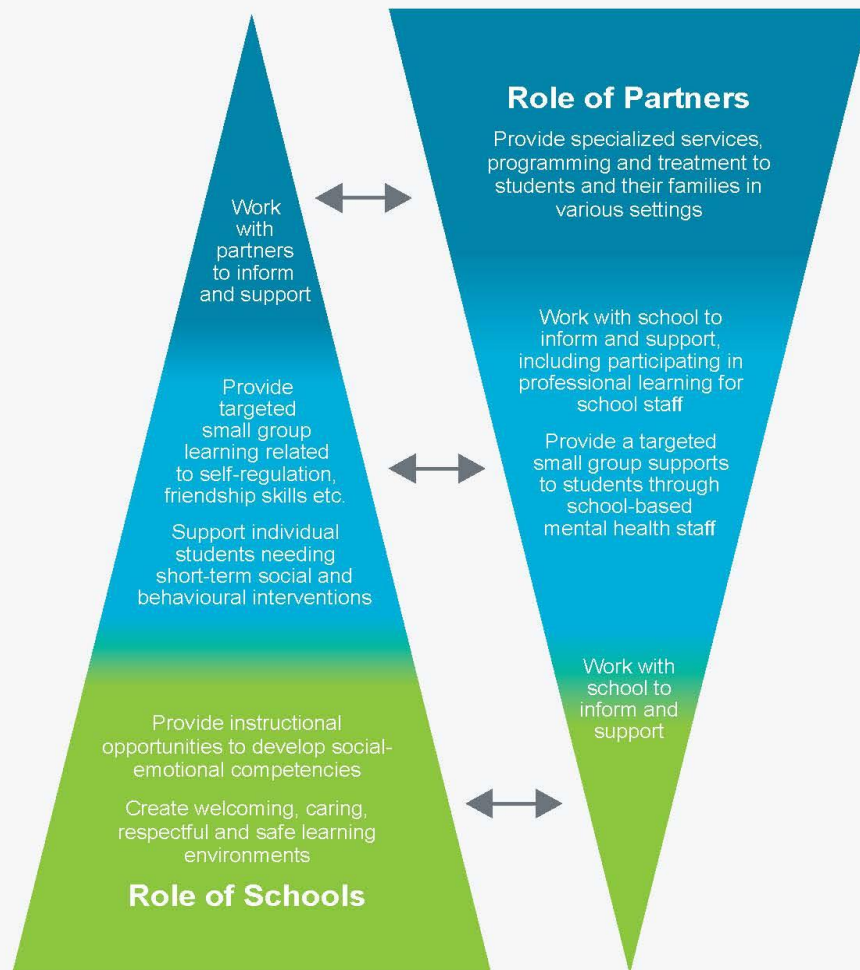
[Teen Mental Health](#)

[Wood's Homes | Crisis and Counselling Services](#)

[Working Together to Support Mental Health in Alberta Schools](#)

## How we work together to support student mental health and well-being in Alberta schools

### Shared Responsibility for Supporting Mental Health of all Students



**Collective vision for supporting all students**  
**Collaborative conversations**  
**Shared understanding of one another's mandates**