



Mental Health and Wellness

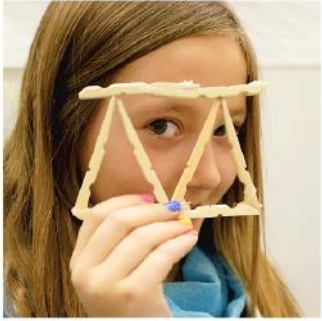
Calgary Board of Education



learning | **as unique** | as every student

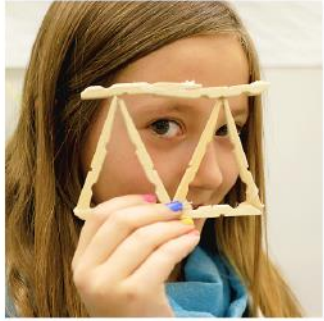


Calgary Board
of Education



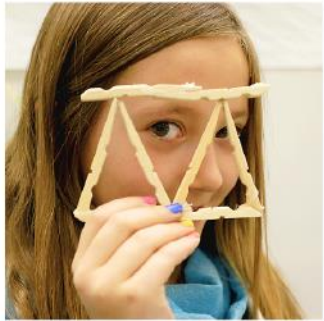
Introductions & Overview

- Christine Davies, Director
- Margaret Casey, Psychologist
- Teresa Vancise, Assistant Principal



CBE Values

- Students come first.
- Learning is our central purpose.
- Public education serves the common good.



Who is affected?

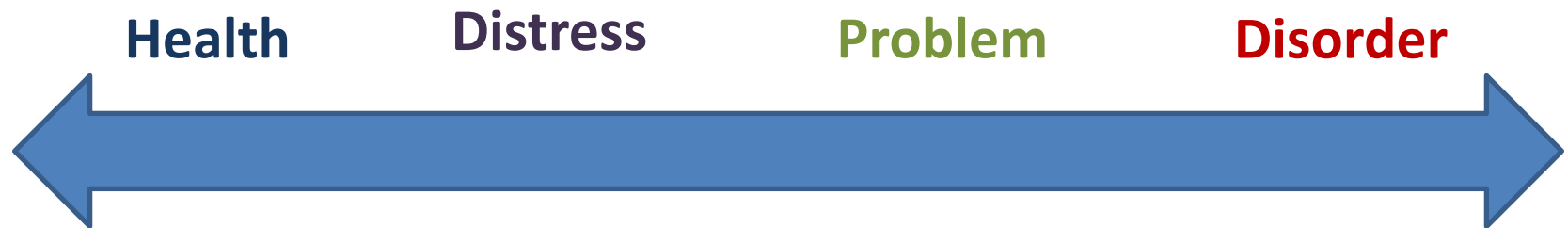
- 20% of Canadians will personally experience a mental illness in their lifetime.
- Mental illness affects people of all ages, educational and income levels, and cultures.

How does it impact students?

In Canada, approximately 20% of young people may be suffering from some form of mental disorder, which translates to 1 in 5 students in the average classroom.

- Impacts emotional well being
- Affects students' ability to learn
- A factor in why some students drop out

Continuum of Mental Health



Mental illness is a complex interplay of genetic, biological, personality and environmental factors which causes mental illnesses.

Response to Intervention

Intensive

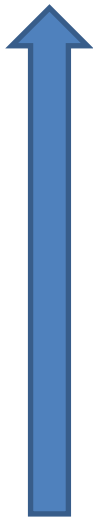
Personalized supports,
community agencies,
Specialized Classes
+Unique Settings

Targeted

In school, short term, targeted
support from school learning team for
long term change

Universal

Consistent programming accessible daily to all students
in community school



CBE Universal Supports

Welcoming, Caring, Respectful and Safe Learning Environments

- Common Language
- Consistent Response
- Predictability

So students can participate, progress, and achieve.

Targeted Intervention

School-based responses to students requiring more support.

- In school, short term, targeted support
- May be provided by the school learning team, area learning team and/or partner agencies

Specialized Interventions

- School-based mental health referrals
- Referral to Alberta Health Services or private counselling
- Referral to a specialized program or unique setting

Mental Health and Wellness

Unique Settings/Partnerships

- Children's Village School
- William Roper Hull School
- William Taylor Learning Centre

What guides our practice?

Exciting research in the last 5-10 years that is changing the way we think about “mental health”.

An influential study has been the Adverse Childhood Experience (ACES) Study

[Nadine Burke Harris](#)

ACEs are

ADVERSE
CHILDHOOD
EXPERIENCES

Alberta Family Wellness Initiative

The Palix Foundation is a private foundation in Alberta working in the related areas of childhood development, addiction, and mental health.

The Palix Foundation created the Alberta Family Wellness Initiative (AFWI) to improve global health by mobilizing science in these areas.

Bringing Science to the Forefront



Brain Architecture

Serve and Return

Toxic Stress

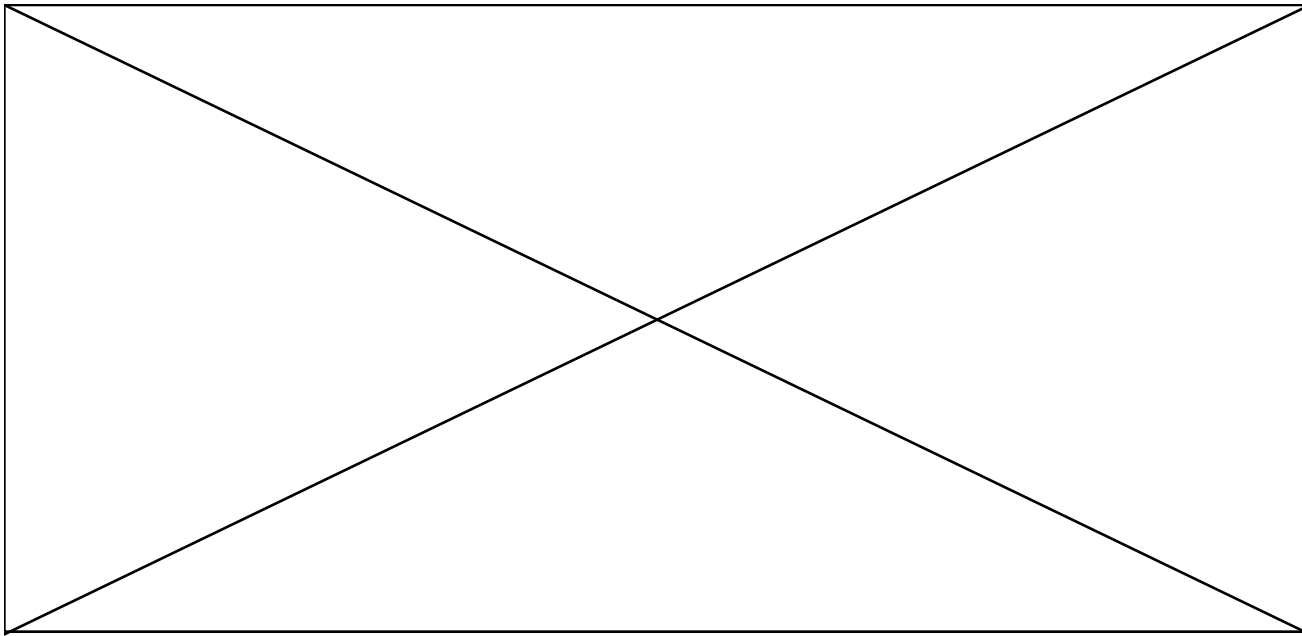
Self Regulation

Executive Function

Resilience



Alberta Family Wellness Initiative



How Brains are Built: The Core Story of Brain Development

Building Resilience

- Supportive adult-child relationships
- Build a sense of self-efficacy and perceived control
- Provide opportunities to strengthen adaptive skills and self-regulatory capacities
- Mobilizing sources of community, hope, and cultural traditions

It takes a Village



Everyone has a role in healthy development:

- Parents, schools, community, health services, family services, as well as scientists and policy makers.
- It is important to access resources and make referrals when students require additional supports for success.

Resources for Services

**Access Mental Health
(AHS)**
403-943-1500

**Distress Centre
Calgary**
403-266-HELP (4357)

**Addiction and
Mental Health**
24-hour Helpline
1-866-332-2322

**Calgary
Counselling Centre**
(403) 265-4980

Hull Services
(403) 251-8000

Wood's Homes
24/7 crisis services
403-299-9699

Eastside Family Centre
403-299-9696

Resources for Information

Center on the Developing Child:

<http://developingchild.harvard.edu/>

Alberta family wellness initiative:

<http://www.albertafamilywellness.org/>

Teen Mental Health:

www.teenmentalhealth.org

Canadian Mental Health Association:

www.cmha.ca