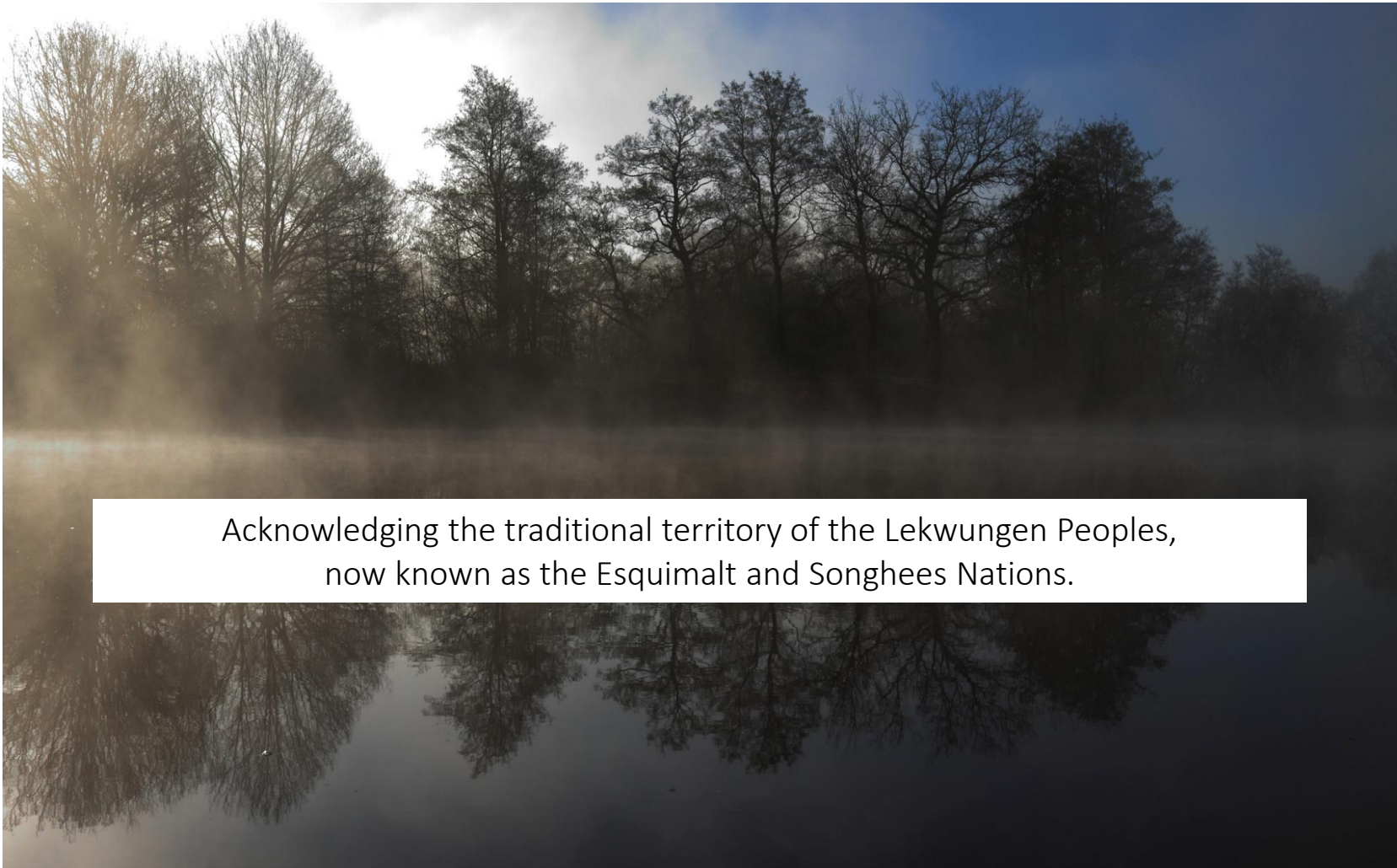


Mental Health In Schools (MHIS) Strategy



Patricia Kovacs
Executive Director, Equity, Wellness & Inclusion
BC CAISE– August 30th, 2021



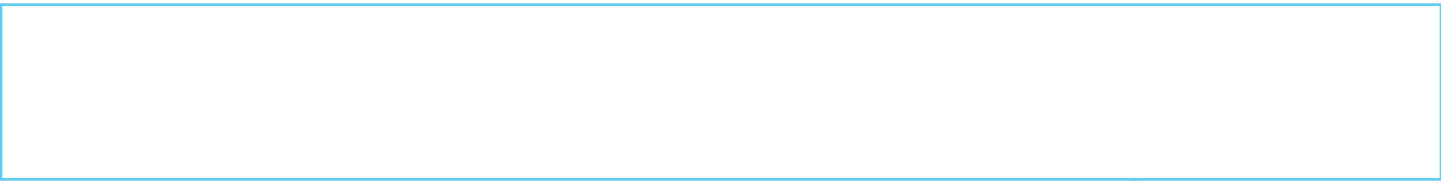
Acknowledging the traditional territory of the Lekwungen Peoples,
now known as the Esquimalt and Songhees Nations.

Mental Health in Schools Strategy

Mental Health School Start-Up Working Group

Mental Health Grants

Integrated Child & Youth Teams (ICY)



**A Pathway
to Hope**

***er*ase
Strategy**

**MENTAL HEALTH
IN SCHOOLS STRATEGY**

**Compassionate
Systems
Leadership**

**Capacity
Building**

**Mental Health
in the
Classroom**

Mental Health School Start-Up Working Group

- Co-led with BC CDC
- Representation from across K-12, mental health, health systems.
- Reviewed data and research (completed and in progress) on mental health impacts of COVID-19 and the pandemic response and literature on mental health promotion.
- Collaborated to draft the *Key Principles and Strategies for Mental Health Promotion in Schools*.

Key Principles and Strategies for K-12 Mental Health Promotion in Schools

<u>Key Principles</u>	<u>Cultural Responsiveness and Humility</u> <u>Proportionate Responses and Supports</u> <u>Trauma Informed Practices</u> <u>Strengths Based Approaches</u>
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MENTAL HEALTH IN SCHOOLS STRATEGY

<u>Strategies</u>	<u>Compassionate Systems Leadership</u>	<u>Capacity Building</u>	<u>Mental Health in the Classroom</u>
	<ul style="list-style-type: none"> • <u>Compassionate Systems Leadership</u> • <u>Adult Well-Being</u> 	<ul style="list-style-type: none"> • <u>Mental Health Literacy</u> • <u>Social and Emotional Learning</u> • <u>Resilience</u> • <u>School Connectedness</u> • <u>Play</u> 	<ul style="list-style-type: none"> • <u>Comprehensive School Health</u> • <u>Core Competencies</u> • <u>First Peoples Principles of Learning</u> • <u>Physical and Health Education Curriculum</u>

Mental Health Grants 2021/22

- Grant letters and information packages to school district Superintendents and FISA BC
- \$3.36 Early Action Initiative Funding
- \$5M One-Time COVID-19 Recovery Plan Funding
- These funds are intended to support mental health and well-being promotion and supports.
- Initiation of new or expansion of existing supports in alignment with the *MHiS Strategy* and the *Key Principles and Strategies for Mental Health in Schools*

Integrated Child & Youth Teams (ICY)

- Shift access to mental health and substance use services for children and youth to new integrated community-based model.
- Service providers work collaboratively in a structured, multidisciplinary team setting.
- Eliminate the need for young people and families to navigate multiple services and retell their stories with every interaction
- Core team members will include the following positions, employed through health authorities, school districts, MCFD:
 - Child and youth mental health clinicians
 - ICY clinical counsellors
 - Substance use workers
 - ICY program leaders
 - Youth peer supports
 - Family/caregiver peer supports
 - Indigenous positions
 - Administrative support role



Questions:

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