

STAYING CONNECTED



VOLUME 5, May 2012

ACTION ITEM !!!

3rd National Symposium on Child and Youth Mental Health

May 30 - June 1, 2012

MacEwan Conference & Event Centre, Calgary, AB

Further Information about the symposium can be found on the SBMHSA website:

[http://
childyouth.mh.symposium.
curriculum.org/](http://childyouth.mh.symposium.curriculum.org/)

The National Symposium will bring together service providers, policy makers, mental health professionals, clinicians and researchers with youth and family caregivers to share experiences and ideas on how to shift knowledge into practice.

Join us in Calgary for this landmark event, or **participate virtually on May 31** for the release of SBMHSA Consortium findings!

Enjoy a preview of the panel presentations that will also be featured on May 31 in this special edition of the Staying Connected Newsletter.

June 1 Keynote speakers: **Jeanine Rohr** will provide a family perspective on the journey to care. **Stan Kutcher** will offer a snapshot of access and wait times issues with emphasis on the promise of school mental health. Plus, a **morning panel** discussion, a series of **breakout workshops** in the afternoon. **Keli Anderson** and **Ian Manion** will summarize and close the event.

A Message from Dr. Ian Manion

Dear Consortium Colleagues,

It has already been three years since starting the national school-based mental health and substance abuse project for the Mental Health Commission of Canada! Through the SBMHSA Consortium, with contributions from many of you, we have invested three years of quality work and effort that will finally be released to the public May 31st in Calgary. We have learned a lot about each other's work and what is happening in school-based mental health across the country. Now it is time to formally share what we have learned! Our consortium has partnered with the National Infant Child and Youth Mental Health Consortium to host a two-day symposium in Calgary with virtual dissemination throughout Canada and beyond.

The 3rd National Symposium on Child and Youth Mental Health aims to bring together service providers, policy makers, mental health professionals, educators, clinicians, and researchers, with youth and family caregivers, to share experiences and ideas on how best to shift knowledge into practice. The Symposium will be hosted by BC Journalist **Kathryn Gretsinger** and will have two linked themes: school-based mental health and substance abuse, as well as access and wait times in child and youth mental health care. Highlights of the symposium will include:

- Release of the findings from the national SBMHSA Consortium Scan, Survey and Review;
- Discuss the role that schools play in supporting child and youth mental health;
- Provide practitioners and policy makers with Canadian and International best practices and evidence-based programs and models;
- International commentators will provide insights into Canadian efforts, drawing on experiences from Australia, Germany, and the United States.
- Discuss the implementation of these practices in real-world settings;
- Collaboration across sectors and disciplines, and the importance of parent and youth voice;
- Foster a commitment among participants to a National Call to Action on Child and Youth Mental Health, with local/regional identification of next steps

We hope you will be able to part of this special event! Please spread the word throughout your networks.

Thank You to everyone who has worked so hard! The feedback from the Mental Health Commission of Canada on the scope and quality of our work has been extremely positive.

Collectively we should take pride in what we have accomplished!

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The Symposium will be hosted by:



The National Infant Child and Youth Mental Health Consortium

An alliance of organizations and individuals across Canada, we recognize collective work of partners from a variety of communities and sectors is vital to achieving the vision where every Canadian infant, child and youth thrives within their families and communities, and has the opportunity to achieve their optimal mental health.

Our members include, but not limited to: Hospital Service, Community Health, Research, Policy Makers, Family, Youth, Advocacy, Justice and Education.

The National School Based Mental Health Consortium

The SBMHSA Consortium was brought together by the Ontario Centre of Excellence for Child and Youth Mental Health to respond to the Request for Proposals (RFP) on School mental health and substance abuse by the Mental Health Commission of Canada and its child Advisory Committee.

The Consortium represents a cross disciplinary, cross sectoral and geographically diverse set of leaders in research, policy and practice.

The following pages give you a preview of the exciting panelists that will describe National School Mental Health Initiatives, Provincial School Mental Health Initiatives, Implementation of School Mental Health Initiatives and International Perspectives on School Mental Health. Be sure to join the conversation in Calgary in person or virtually on May 31st!

Panel on National School Mental Health Initiatives

Myles Ellis

Canadian Teachers' Federation

The Teacher Voice on Student Mental Health

Due to the growing recognition of the scope and magnitude of mental illnesses in the population, mental health is increasingly recognized as a major challenge within the public education sector. Since most mental illnesses begin during adolescence or early adulthood, schools have become an important ally for the increased awareness of mental health issues and the reduction of stigma. Teachers witness child and youth mental health issues in Canadian classrooms every day. Their voice is a critical component to understanding student mental health issues. In February 2012, the Canadian Teachers' Federation conducted a national survey of classroom teachers to gain a greater understanding of the teacher perspective on mental health and well-being in Canadian public schools. This presentation will provide an overview of the survey findings.



Katherine Kelly

Joint Consortium for School Health

Schools as a Setting for Promoting Positive Mental Health: A Pan-Canadian Toolkit Using a Comprehensive School Health Approach

With respect to mental health, recent research in the health and education spheres cites the importance of moving beyond a problem-focused, interventionist approach to one that is more pro-active and prevention-oriented, also known as **Positive Mental Health (PMH)**. PMH is the general recognition that psychological well-being is not only influenced by the absence of problems, disease or mental illness, but is also impacted by the existence of factors present within individuals and their social settings that contribute to positive growth and development.

Using a *Comprehensive School Health* approach, the **Pan-Canadian Joint Consortium for School Health (JCSH)** encourages the incorporation of PMH practices within **four pillars**: teaching and learning; social and physical environment; partnerships and services; and healthy school policy. This presentation will provide conference participants with an overview of Positive Mental Health in the school setting, as well as an orientation to the JCSH Positive Mental Health Toolkit: an interactive eBook that facilitates a shift in practice, and the adoption of processes for engaging school and community strengths in fostering the positive growth and development of children and youth.

Romie Christie - Opening Minds

Mental Health Commission-Youth anti-stigma programs through Opening Minds

When the Mental Health Commission of Canada (MHCC) was created in 2007, one of its key initiatives was to reduce the stigma experienced by people living with mental illness, many who say it's harder to live with stigma than the mental illness itself. MHCC's anti-stigma initiative is called Opening Minds (OM). OM has adopted a different strategy in the battle to reduce stigma than those taken in other countries. Rather than investing in costly social marketing campaigns or created its own programs, it has sought out programs already in existence across Canada and to work with specific groups at a grass-roots level. To date, very few of these programs have been evaluated to show if they are indeed successful at reducing stigma. So OM is in the process of evaluating about 25 youth programs to determine the best or most promising projects successful at reducing stigma and discrimination associated with mental illness, and then share or replicate these programs across Canada. International researchers have determined one of the most promising practices that reduces stigma is "contact-based education," where people with a lived experience of mental illness play a key role in the process and share their stories of illness and recovery, and engage program participants in discussion. OM is focusing much of its research on programs that include contact-based education.



Panel on Provincial School Mental Health Initiatives

Dr. Tracey Trudeau

Alberta Health Services

Alberta Mental Health Capacity Building in Schools Initiative (MHCB)

MHCB is led by Alberta Health Services in collaboration with Alberta Education and funded through grants from Alberta Health and Wellness. The goal of the initiative is to ensure that the mental well-being of children, youth, and their families is supported through collaborative community partnerships with schools as the hub. The initiative supports a shift in practice towards true collaboration through 1) universal and targeted programming; 2) training opportunities; 3) promotion of healthy behaviours; and 4) linkages to external services. The initiative is in its 6th year and currently supports 38 projects in 47 communities and 119 schools. The diversity of approaches and programming across projects is reflective of the needs and resources of individual communities, including engagement of traditionally under-served populations. An external evaluation of the initiative which included 21,899 participants is available on the project webpage:<http://www.albertahealthservices.ca/2754.asp>

Yvette Doiron

New Brunswick Department of Health

Integrated Service Delivery Framework – New Brunswick

The Integrated Service Delivery (ISD) Framework will focus on addressing systemic and structural issues relating to the integration of child and youth services, with a particular focus on earlier prevention and intervention services for children, youth and their families.

The Mission is to foster the positive growth and development of children and youth and to prevent harm and alleviate suffering.

The Central Goal is to enhance system capacity to respond in a timely, effective and integrated manner to the strengths, risks and needs of children, youth and their families.

The Mandate of the ISD Framework is intended to address service gaps related to early assessment and intervention services. In provision of ISD assessment and intervention supports, core areas of functioning and need related to the positive development of children, youth and family members would provide a specific focus for intervention services. The ISD framework is intended to improve services and programs to children and youth who are deemed at-risk or who have complex social, emotional, physical and/or mental health needs, often compounded by unsafe or unstable social circumstances, such as homelessness, poverty, delinquency and fragile family relationships.

Jeff Stewart

Chair and Member of the British Columbia School Based Mental Health Coalition

The McCreary Centre Society—Adolescent Health Survey

The McCreary Centre Society has been publishing front line research involving over 100,000 youth in B.C. through the Adolescent Health Survey since 1992. The evidence developed on a longitudinal basis, surrounding the entire range of mental health and related issues, is both revealing and compelling, particularly as it addresses the importance of school connectedness as a protective factor in the lives of vulnerable youth. The B.C. School Based Mental Health Coalition formed in 2010 as a “grassroots” movement seeking to advance the cause of child and youth mental health in the province of British Columbia, and to reinforce the concept of school connectedness as the primary vehicle to address the challenges of service alignment, staff training and in-service and knowledge exchange. It functions without an operating budget or official representation from any organization, agency or Ministry. It aims to improve the resiliency and positive well being of children through staff training and in-service, parent and student voice, service integration in schools, and alignment of policy and practices around child and youth. It has grown rapidly to include over 25 representatives from a broad network of agencies. The BC SBMHC is working to support transformative change in culture, and to deliver primary mental health supports and curriculum within BC Schools.

Barry Finlay

Ontario Ministry of Education

School Mental Health ASSIST

School Mental Health ASSIST is part of the Ontario Mental Health and Addictions Strategy (2011), a ten-year cross-ministerial commitment to mental health and well-being. The first three years of the Strategy is focused on child and youth mental health, led by the Ministry of Children and Youth Services. School Mental Health ASSIST is an initiative of the Ministry of Education, a partner in the three year Strategy, and is designed to help school boards to support student well-being. The initiative has a specific focus on (1) leadership and organizational conditions for effective school mental health (2) capacity-building for educators and (3) implementation of school mental health promotion and prevention programming. School Mental Health ASSIST provides resources to support mental health awareness in all 72 boards in Ontario, and is working with 15 focus boards to pilot additional tools and implementation support methods to be available to all boards over the next three years.



Panel on Implementation of School Mental Health Initiatives

Kelly Angelius

FRIENDS For Life Program in British Columbia

The **FRIENDS for Life** Program in BC, sponsored by the British Columbia (BC) Ministry of Children and Family Development (MCFD), is an evidence-based, anxiety prevention and resiliency program delivered by educators in BC schools. MCFD adopted the FRIENDS Program in 2004 in support of the 5-year *Child and Youth Mental Health Plan for British Columbia* (2003-08) as risk-reduction effort to strengthen resiliency and improve mental health outcomes for children and youth in BC. MCFD formed a collaborative partnership with school districts, independent and First Nations schools to reach as many children and youth as possible. MCFD leads and coordinates the BC FRIENDS Program, providing teachers with 1-day training, program materials and student workbooks. Schools and districts release teachers to attend the training. Three program levels are available: Fun FRIENDS (K/Gr 1), FRIENDS for Life (Gr 4/5), and FRIENDS for Youth (Gr 6/7). BC FRIENDS also includes a parent program in partnership with the FORCE Society for Kid's Mental Health, a parent advocacy organization. Workshops and online resources teach parents and caregivers about anxiety, the FRIENDS Program and ways to reinforce skills at home. The FRIENDS Program is included in BC's ten-year mental health and substance use plan "*Healthy Minds, Healthy People*" (2010).

BC www.mcf.gov.bc.ca/mental_health/friends.htm
International FRIENDS: www.pathwayshrc.com.au

Cynthia Weaver

Adolescent Mental Health Literacy Program

Ontario Shores Centre for Mental Health Sciences (Ontario Shores) initiated the Adolescent Mental Health Literacy Program in October 2011. In partnership with Dr. Stan Kutcher, Sun Life Financial Chair in Adolescent Mental Health, Ontario Shores introduced mental health curriculum and an anti-stigma awareness campaign into secondary schools across 8 provincial boards of education and 2 independent schools.

The comprehensive curriculum was previously developed by Dr. Kutcher and the Canadian Mental Health Association. Ontario Shores, in arranging the largest role out of the curriculum, has funded training and materials for participating schools. Over 400 teachers, allied support staff and primary care professionals have received training for curriculum, implementation and coaching to effectively triage mental health concerns within their school community and in collaboration with community resources.

Ontario Shores also unveiled an adolescent mental health awareness campaign to further support our education initiative. The "You're Not Alone" campaign features posters and print and digital resources that emphasize the need for early identification and treatment of mental health concerns. A full length documentary is scheduled for debut in Fall 2012.

Nicola Slater

SNAP For Schools Child Development Institute

Many students face mental health issues that interfere with learning and academic success. Schools have recently begun to endorse a holistic vision of child development, including mental health, however, service gaps remain. Child Development Institute (CDI), responded to these gaps through the development of a manualized SNAP® For Schools (SNAP®-S) program.

Modified from the award winning, evidence-based SNAP®model (STOP NOW AND PLAN; a cognitive behavioural therapeutic strategy), SNAP®-S is designed for children (grades 1-5) exhibiting behaviour problems (e.g., aggressive and/or rule-breaking/oppositional behaviours) in school settings and includes both prevention and intervention approaches. Trained staff facilitate sessions teaching self control and problem solving skills to classrooms containing 2-3 behaviourally troubled students.

Preliminary evaluations have revealed children experience significant decreases in the problem behaviours post SNAP®-S sessions, reported by both teachers and caregivers. Furthermore, teachers reported children were behaving significantly more appropriately in the classroom and were happier after participating in the SNAP®-S. SNAP-S Affiliate sites are reaching more than 20 communities, 15 school boards and over 200 classrooms annually.

Dr. Connie Coniglio

BC Mental Health & Addiction Service

Health Literacy Team

Dr. Connie Coniglio is the Provincial Executive Director of Children and Women's Mental Health and Substance Use Programs for BC Mental Health and Addiction Services (BCMHAS), an agency of the Provincial Health Services Authority. She is also Director of Health Literacy and the Clinical Director of the Provincial Specialized Eating Disorders Program for Children and Adolescents and the Mental Health Metabolic Program.

MIND CHECK is a British Columbia based youth and young adult program to encourage early detection and intervention for mental health and substance use issues. Mindcheck.ca is a youth focused interactive website resource where visitors can self-assess how they are feeling and connect to support quickly.

In the presentation, Dr. Coniglio will explore the Mind Check program including website features and resources, creative materials developed for promotion, and a video montage created through a public campaign. See how the website was expanded into a provincial resource, the strategies were used to engage schools in the promotion of the website, the evaluation of results while seeing the emphasis placed on partnering with schools to help bring this resource to youth across the province.

International Commenters Panel

Gloria Wells

The International Alliance for Child and Adolescent Mental Health in Schools (INTERCAMHS) Society

INTERCAMHS fosters collaboration and assists in the development of capacity to implement effective school mental health practice around the world. A non-Profit Organization, under Canadian jurisdiction, with mandate to undertake global efforts in support of the mission focused on Mental health. The group believes promoting mental health is a 'whole school' approach that includes development of promotion, intervention and treatment options as well as adoption of policies and practices leading toward a healthy psychosocial school environment, and on-site services by professionals. Further skills for social emotional learning and the involvement of parents and the broader community are critical components of this approach. Gloria Wells is the President of the Board for the Intercamhs Society. <http://www.intercamhs.net>

Dr. Mark Weist

University of South Carolina, USA

Mark D. Weist received a Ph.D. in clinical psychology from Virginia Tech in 1991 and is a Professor in the Department of Psychology at the University of South Carolina. He was on the faculty of the University of Maryland (UM) for 19 years where he helped found and direct the Center for School Mental Health (<http://csmh.umaryland.edu>), one of two national centers providing leadership to the advancement of school mental health (SMH) policies and programs in the United States.

Mark has advised research and policy committees and is currently leading federally and university funded research grants on Quality in SMH, Assisting High School Youth with Emotional Disabilities, and Developing and Testing Integrated Health-Mental Health Promotion for Youth in Schools. He helped to found the International Alliance for Child and Adolescent Mental Health and Schools (INTERCAMHS). Dr. Weist has edited five books, and has published and presented widely in the SMH field. With colleagues from the Clifford Beers Foundation and the UM he edits *Advances in School Mental Health Promotion* (with new publisher Routledge of Taylor & Francis).

Dr. Louise Rowling

University of Sydney Australia

Louise Rowling was a Chief Investigator for the development phase of MindMatters, Australia's national dissemination of school mental health promotion. In its second phase she chaired the Evaluation Committee, with oversight of 4 evaluation studies.

MindMatters is in its 12th year of dissemination and now incorporates prevention and early intervention. Louise has just completed a chapter on the Implementation of MindMatters for the Handbook of Wellbeing to be published in England.

Louise's other publications include Grief in School Communities, Mental Health Promotion and Young People: Concepts and Practice and a chapter Intersectoral Approaches to Mental Health Promotion in the WHO publication Promoting Mental Health. Currently she is working on a text on Implementation of Health Promoting Schools.

Professor Dr. Peter Paulus

Faculty of Educational Sciences—Leuphana University, Germany

As a Professor of Psychology, he lectures educational psychology in BA Courses, school health promotion and education in MA-courses in initial teacher training students. He is head of the Institute of Psychology and also the Centre for Applied Sciences of Health (CASH). His special interests are school mental health promotion and education. He has developed a new concept, the "good healthy school", which links school health promotion and education in a systematic and systemic way. One of the nationwide programs is the German adaptation of the famous Australian program "MindMatters", a resource for mental health promotion for Secondary Schools. As the school system is changing in Germany into a system of whole-day schools. Peter has created a project which focuses on the integration of mental health promotion into development of whole day schools in Germany. This program is funded by the Federal Ministry of Health and produce a folder with models of good practice, success stories and guidelines on how to develop good schools with mental health. On the European level, he is also a member of the planning committee of the "Schools for Health" (SHE) network which consists of 43 country networks with national representatives as national co-ordinators. He works closely with DG SANCO (Directorate General Health and Consumers) to support mental health promotion in and with educational settings.

