

Mental Health Matters

Bruce-Grey Catholic District School Board

“...I am with you...I will strengthen you and help you...”

Isaiah 41.10



Mental Health Vision Statement

We are a compassionate Team of Professionals with expertise and knowledge that supports student achievement, mental health and well being through therapeutic interventions and creative collaborations. We utilize a holistic approach that promotes skill development allowing each student to reach their God given potential.

Mental Health Mission Statement

The System Support Team counsels, coaches, consults and collaborates using strength based assessments that are client centered and goal oriented. Through open communication and strong partnerships, students are supported by caring adults and evidence based practices..



Worker, Ashley Shular, MHAN, Becky Baker, CYW, Kim Scott, BAT, Jen Thompson, CYW, Jenny Chryptek MHAN (missing, Tabitha Howe, CYW)

System Support Team

Rainbows, Celebrate Me Day

This year the System Support Team will again run the annual Celebrate Me Day in May for all our elementary schools across the board who's students have participated in the Rainbows program. Rainbows is a peer support group program for students who have experienced major family life transitions such as death or divorce. The groups are facilitated by trained volunteer staff and culminate in the Celebrate Me Day. We are pleased to have the opportunity to organize a day to celebrate our students using the theme “I am unique”. We are excited to have Christine Morrow from the Hanover Library as our Keynote speaker for the event and look forward to having her be part of our celebration. We are excited to run an afternoon filled with hands on workshops and learning opportunities to ensure that students have a day filled with celebrating their individual journey' and uniqueness.





Have you had that talk?... Mental Health Matters

Every student has mental health just as every student has physical health. Mental health occurs on a continuum and can involve a range of emotions that can impact our lives. One in 5 Canadian Students will experience a mental health difficulty each school year. That translates into 4 or 5 students in each of our classrooms. As schools move forward in supporting student mental health it is important that the conversation extend beyond the classroom. Parents and caregivers can play a key role in creating mental health awareness, breaking down stigma and helping students navigate services. Here are some resources you can use to assist with the 'mental health' conversation:

Mental Health in The Early Years:

In November, the System Support Team joined the Kindergarten and Grade 1 Hubs to roll out the first session of Mental Health in the Early Years. This first session focused on 'Responsive Feedback' which aims to reframe our approach when a student is experiencing 'big emotions'. Responsive feedback emphasizes the need to respond to the child's emotion and not the incident that triggered their reaction. This was demonstrated through staff modelling and using a responsive feedback script with all of their students to validate emotions and develop a foundation for coping with their emotions over time.

The second session was rolled out in February, and highlighted the importance of attachment for students and the need for them to be attached to staff. Specific strategies were presented to help increase the development of attachment based on the theories and thinking of Dr. Gordon Neufeld a renowned Canadian Psychologist.

Finally, the third session in April focused on the importance of building connections and personal relationships with students. Mental Health in the Early Years has been a successful initiative thanks to the dedicated staff within

our elementary schools. They have developed an understanding that children start out developmentally as caterpillars and through the implementation of strategies mature into butterflies.



Visit our Mental Health Tapestry to see what other schools in the Board are doing to support mental health:

http://www.bgcdsb.org/about_bruce_grey_c_d_s_b/mental_health_matters

time to change

let's end mental health discrimination

<http://www.time-to-change.org.uk/parents>



www.wecaregreybruce.ca



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<https://www.hincksdellcrest.org/ABC/Welcome>