

Positive Mental Health

Programs and Lesson Plan Information

1. Physical and Health Education (PHE) Supports for K-12 Curriculum Implementation resources are available to support teachers in delivering the redesigned K-12 PHE curriculum. The resources support the teaching of mental health and sexual health in elementary and secondary schools. Developed by B.C. teachers with support from the Ministry of Health, Ministry of Mental Health and Addictions and other key health stakeholders, [Supporting Student Health Elementary](#) and [Supporting Student Health Secondary](#) provide a starting point to teach health topics such as consent, stress and anxiety, safe sex, mental health stigma, cyberbullying, and online safety. The guides also include instructional approaches and tips to respond to unexpected situations.

2. [Stress Lessons \(K-9\)](#)

The Psychology Foundation of Canada's school based programs have been developed to help teachers and others who work with school-age children promote positive social-emotional development and effective stress management in classrooms and recreational settings.

3. [Mind Up](#)

Features lessons to improve behavior and learning for children. The lessons fit easily into any schedule and can be implemented with minimal preparation. Classroom management tips and content-based activities are also provided to assist educators in using MindUP throughout their classrooms. Our program provides children with emotional and cognitive tools to help them manage emotions and behaviors reduce stress, sharpen concentration, and increase empathy and optimism.

4. [BC Children's Hospital/Kelty Mental Health - School Professionals Resources](#)

[The Mental Health and High School Curriculum Guide](#) has been developed to help enhance the mental health literacy of students and targeted to be used in grades nine and ten (ages 13 to 15 years). This is the time of the life-span in which the diagnoses of mental disorders begins to increase dramatically and it is thus

essential that young people be able to have the knowledge, attitudes and competencies to help themselves and others if necessary. Mental health literacy is defined as having four components:

- 1) Understanding how to optimize and maintain good mental health
- 2) Understanding mental disorders and their treatments
- 3) Decreasing Stigma
- 4) Enhancing help seeking efficacy (knowing when and where to get help and having the skills necessary to promote self-care and how to obtain good care)

Dr. Kutcher, Dalhousie professor in the Department of Psychiatry, talks about the [Role of Schools in the Pathway to Youth Mental Health Care](#). For information on the Mental Health & High School Curriculum Guide watch this [video](#) from Dr. Kutcher. Download the [School Mental Health-The Curriculum Guide](#). The modules are FREE and password protected for tracking purposes. The password for access is: **t33nh3alth** See additional resources [here](#)

[Stop Wondering, Start Knowing: A Mental Health Video Resource for Schools](#) includes a facilitation guide, video stories from youth with personal experience with mental health challenges, and links to additional resources and supports. It is designed for grades 8 to 10, but can be for used for other groups at the discretion of the educator.

5. [Stigma-Free COVID-19 Youth Wellness Toolkit](#)

The [Stigma-Free Society](#), a Canadian Charity registered since 2010, has created this new COVID-19 Online Wellness Program that is answering the call of supporting youth mental health at home. The program is geared for educators, parents and youth, who want to use the Toolkit to share learnings and promote mental wellness for grades 4-12. As COVID-19 can be a troubling time, this resource is available to educate and support young people in their mental wellness journeys.

6. University of British Columbia Online Resources

[The Social & Emotional Learning Resource Finder](#) is a collection of social, emotional and mental health resources for educators and other adults who work with children and youth. Promoting social and emotional

learning has become a major focus in schools and youth-serving organizations, as research continues to document the value and importance of such training for both academic and life success. The Resource Finder provides a variety of resources to help you **learn** about SEL, **apply** teaching methodologies and **assess** your efforts.

Websites and Resources for Students, Parents and Teachers

1. [Foundry BC](#)
[Virtual Services](#) are also available
2. [Mental Wellness Resources for Children, Youth and Families](#) - Interior Health Website
3. [Guidelines for School Staff: Helping a Student with a Suspected Eating Disorder](#) - Interior Health Website
4. [ERASE](#) is all about building safe and caring school communities. This includes empowering students, parents, educators and the community partners who support them to get help with challenges, report concerns to schools, and learn about complex issues facing students.
5. [Anxiety Canada](#)
6. JCSH Positive Mental Health Toolkit
The [Positive Mental Health Toolkit](#) is an online resource that promotes positive mental health practices and perspectives within a school environment. The toolkit is designed to help schools and communities apply their strengths to foster positive growth and development of children and youth.
7. Canadian Red Cross - [Respect Education Courses](#)
The Canadian Red Cross provides you with education that helps create a safer world for everyone. Whether your goal is to increase your own knowledge or to find education options for your students, clients or personnel let the Canadian Red Cross—with its decades of experience providing safety and prevention education—give you the knowledge and skills you need now. Some of the courses are free and others have a cost.
8. [Safeteen](#)
Safeteen is a skill-based violence prevention program. It offers gender-specific strategies for managing fear and anger, and gives participants a way of standing up for themselves without violence. Grounded in theory on socialization and gender, these workshops address the roots of violence and expose power dynamics as the underlying factor in harassment, bullying and assault.
Safeteen meets many of BC's New Curriculum Physical & Health Education learning standards and gets 4.5 Stars on the UBC Best Practices Social Emotional Learning.
9. Healthy Schools BC
Strong scientific evidence demonstrates that increased student [connection to school](#) decreases bullying and other negative behaviours while promoting educational motivation, classroom engagement, academic performance, school attendance and completion rates. Learn how BC schools and districts are helping students feel more connected to their school. Find resources and tips on making your own school or district more caring and welcoming.
10. [Roots of Empathy](#)
Started in 1996, this is an evidence-based classroom program that has shown significant effect in reducing levels of aggression among school children while raising social/emotional competence and increasing

empathy. At the heart of the program are a neighbourhood infant and parent who engage students in their classroom. Over the school year, a trained Roots of Empathy Instructor guides the children as they observe the relationship between baby and parent, understanding the baby's intentions and emotions. Through this model of experiential learning, the baby is the "Teacher" and a catalyst, helping children identify and reflect on their own feelings and the feelings of others. Research results from national and international evaluations of the Roots of Empathy program indicate decreases in aggression and increases in pro-social behaviour.

11. [WITS Programs](#)

WITS programs bring schools, families and communities together to create responsive environments that help children deal with bullying and peer victimization. WITS has two components: the WITS Primary Program (Kindergarten to Grade 3), and the WITS LEADS Program (Grades 4 to 6). Resources are also available in French.

Guest speakers

The award-winning [Robb Nash Project](#) is an initiative that engages young people through the power of music and storytelling to inspire hope and encourage positive life choices.

[Kevin Breeel](#) is a 23-year old writer, comedian and activist.

As a writer, his debut memoir '*Boy Meets Depression*' achieved critical acclaim. Forbes Magazine called it "a small book well worth reading" and NPR dubbed it "honest and compelling".

As a comedian, Kevin has headlined theatres and colleges with his unique, storytelling show.

And as an activist for mental health, Kevin has been a guest speaker at Harvard University, Yale, and MIT. His talk entitled "[Confessions of a Depressed Comic](#)" is one of the most viewed TED talks in history and is one of the National Ambassadors for the prestigious Bell LET'S TALK Campaign.

[jack.org](#)

The only national network of young leaders transforming the way we think about mental health

Offers guest speakers and support with youth summits

Reports

1. **The Adolescent Health Survey Reports**
[BC and Regional reports](#)

Resources for Families

1. [Anxiety BC](#)
2. [AboutKidsHealth](#)
A health education resource for children, youth and caregivers.
3. Dalai Lama Centre for Peace and Education 2014
[Heart-Mind Resources for Parents and Teachers](#) provides research-informed resources that adults can use to find out what is “normal and healthy” social and emotional development for children and youth. It also provides practical strategies that parents, grandparents, and other caring adults can use to create nurturing environments that bolster Heart-Mind well-being.
4. Justice Education Society of BC
[Families Change](#) provides online guides for kids, teens and parents who are going through separation or divorce.
5. Kelty Mental Health
The [Healthy Living Toolkit](#) for Families includes information on healthy living for families who have a child or youth with mental health challenges, worksheets and tools, and tips from families across B.C. It is also available in French, Korean, Farsi, Simplified Chinese, Traditional Chinese, and Punjabi.
6. Healthy Living Resources
The updated [Healthy Living for Families booklet](#) is designed to help families make healthy choices, with ideas on everything from healthy eating on the run, to supporting kids to have a positive outlook, to being active together. The new [Healthy Living for Teens booklet](#) was created for youth, with youth. Tips in the booklet will help teens to feel their best and make the most of their potential!
The Families booklet is available in 6 languages: English, French, Chinese, Filipino, Persian, and Punjabi and the Teens booklet is available in English and French.
7. Confident Parents: Thriving Children
The [Canadian Mental Health Association](#) offers a free (6, 10 or 14 week) telephone coaching program available to all BC parents. Physician referral is required.