

Positive Mental Health

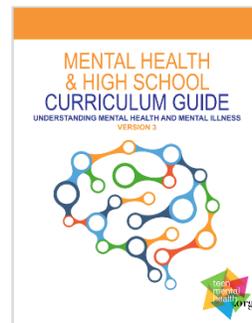
Programs and Lesson Plan Information

I. [BC Children's Hospital/Kelty Mental Health - Mental Health Literacy Resources and Curriculum for the Classroom](#)

[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.

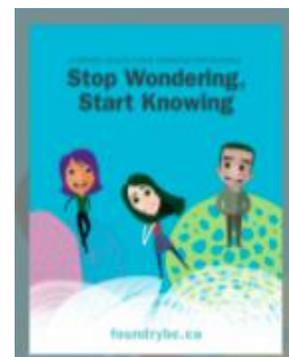
Mental health literacy is defined as having four components:

- 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)



For more information see: [Mental Health Literacy for Educators](#), [TEACH Mental Health Literacy Resources for Educators](#)

[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.



2. [Strong Minds Strong Kids](#)

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.

Find out more about [Training and Workshops](#) for Kids have Stress Too! (K and Grade 1-6) and Stress Lessons (Grade 7-12).

3. [Stigma-Free Society Programs](#)

The [Stigma-Free Society](#) is a registered Canadian Charity since 2010 and has designed programs providing education about stigmas with an emphasis on mental health and peer support for those facing mental health challenges with a special focus on youth. For more information on programs see: [Student Mental Wellness Toolkit](#), [Virtual Stigma-free Presentations](#) and [Supporting Youth - Rural Mental Wellness Toolkit](#).

4. **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 and Foundry Virtual Services](#)
2. [Kelty Mental Health Resource Centre- School Professionals](#)
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 - Educator Resources](#)
6. [JCSH 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](#) offer education to help create a safer world for everyone. Some of the courses are free and others have a cost.
8. [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](#) houses a number of evidence based resources to support students' mental wellbeing. Strong scientific evidence demonstrates that increased student [connection to school](#) decreases bullying and other negative behaviors 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 behavior.

11. [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 6/7). Resources are also available in French.

12. **The McCreary Centre Society -BC Adolescent Health Survey** [Reports and Resources](#)

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 Bree](#) is a 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

Resources for Families

1. [AboutKidsHealth](#)
A health education resource for children, youth and caregivers.
2. [Heart-Mind Online](#) provides resources for families, educators and others who care for and about children. You can search for the latest research, activities, interviews and more. You can search by theme (anxiety, empathy, friendship, etc.) or you can browse all resources.
3. [Justice Education Society of BC -Families Change](#) website provides online guides for kids, teens and parents who are going through separation or divorce.
4. [Kelty Mental Health -Healthy Living resources](#) can help families tackle common challenges that children and youth with mental health challenges may face.
5. [Confident Parents: Thriving Children](#) is a free telephone based coaching program offered by the Canadian Mental Health Association. Sessions are available to all BC parents for 6, 10 or 14 weeks. Physician referral is required.