

# MENTAL HEALTH IN OUR SCHOOLS

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**SCHOOL MENTAL HEALTH-ASSIST**  
**ÉQUIPE D'APPUI POUR LA SANTÉ**  
**MENTALE DANS LES ÉCOLES**

# ACTIVITY



"A CHILD WHO IS NOT WELL  
CANNOT LEARN."

DR. CHARLES BASCH, 2016

**FACT**



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# Supporting Educational Outcomes through mental wellbeing

“Positive mental health has an impact on student and staff wellbeing and directly relates to educational outcomes”.



# WE ALL HAVE MENTAL HEALTH!

**Emotional wellness - what is this?**

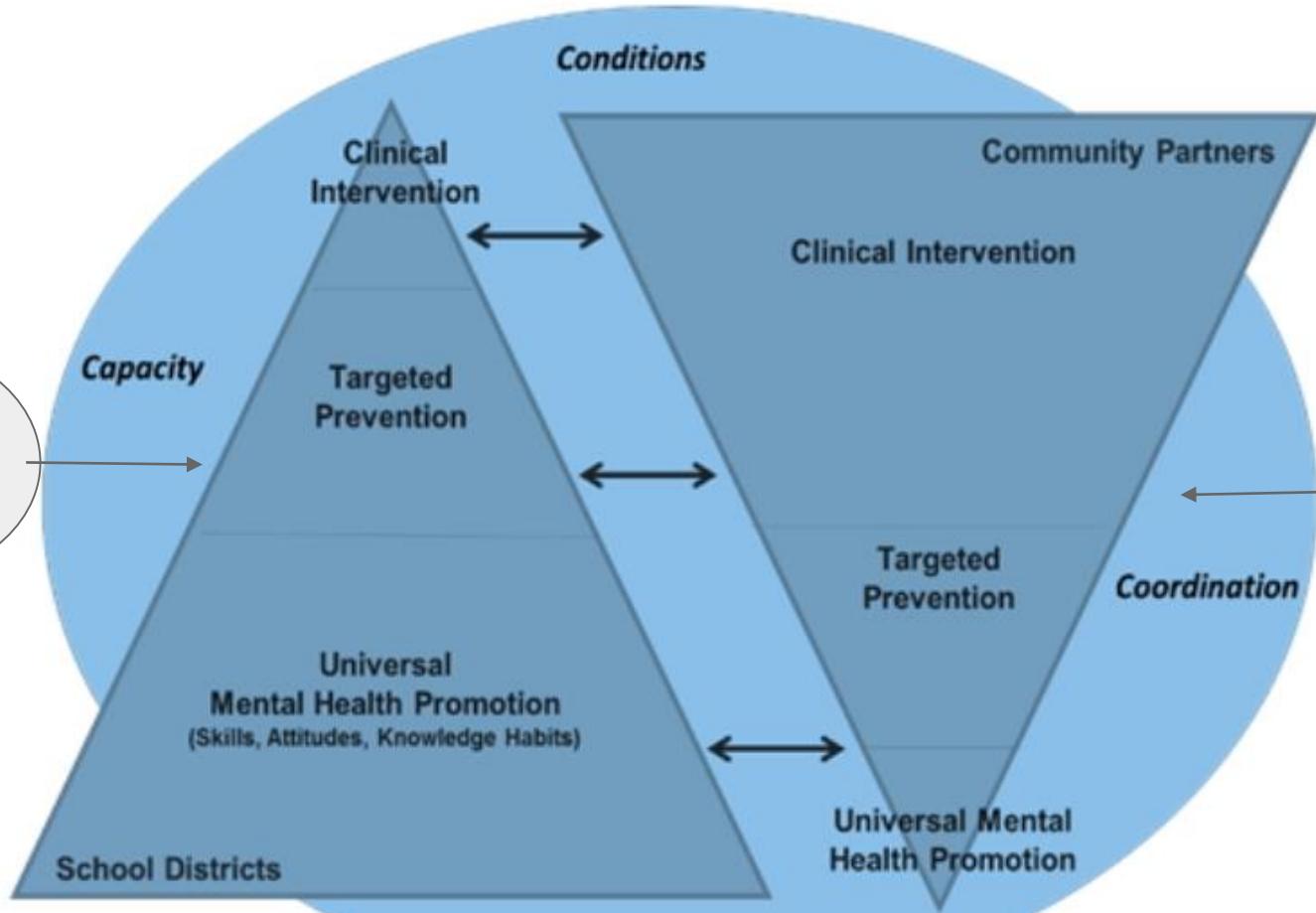


**SCHOOL MENTAL HEALTH-ASSIST**  
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# SCHOOL MENTAL HEALTH ASSIST FOCUS



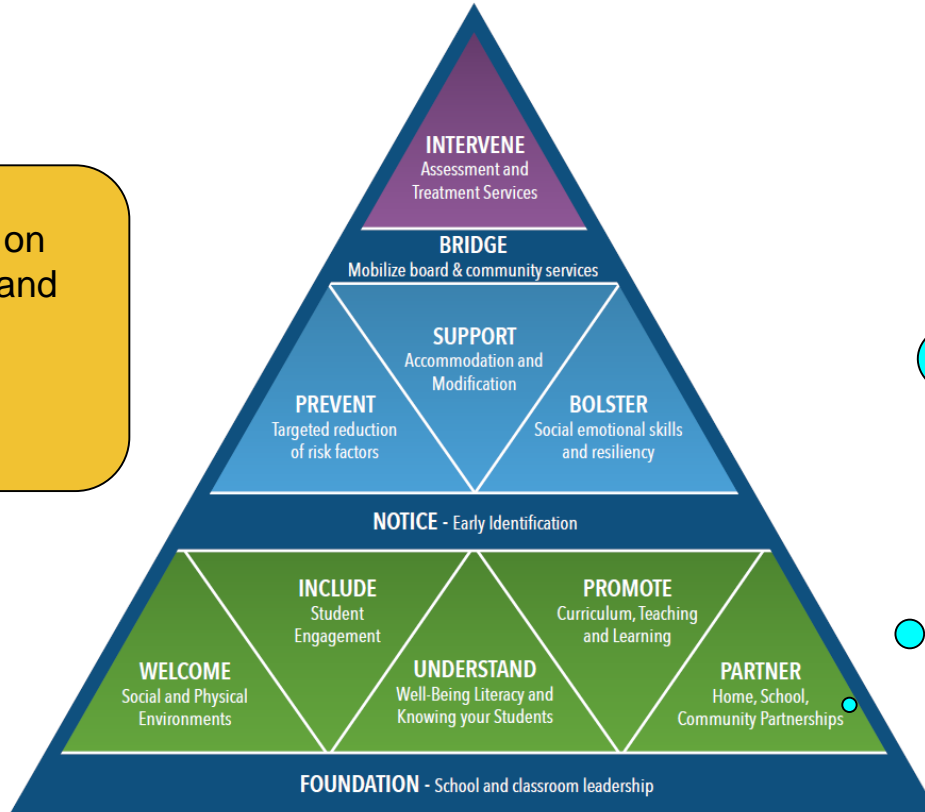
# THE TIERED APPROACH: "WHAT IS GOOD FOR SOME IS GOOD FOR ALL"



# Aligned and Integrated Model (AIM)



All based on  
research and  
evidence  
informed  
content!



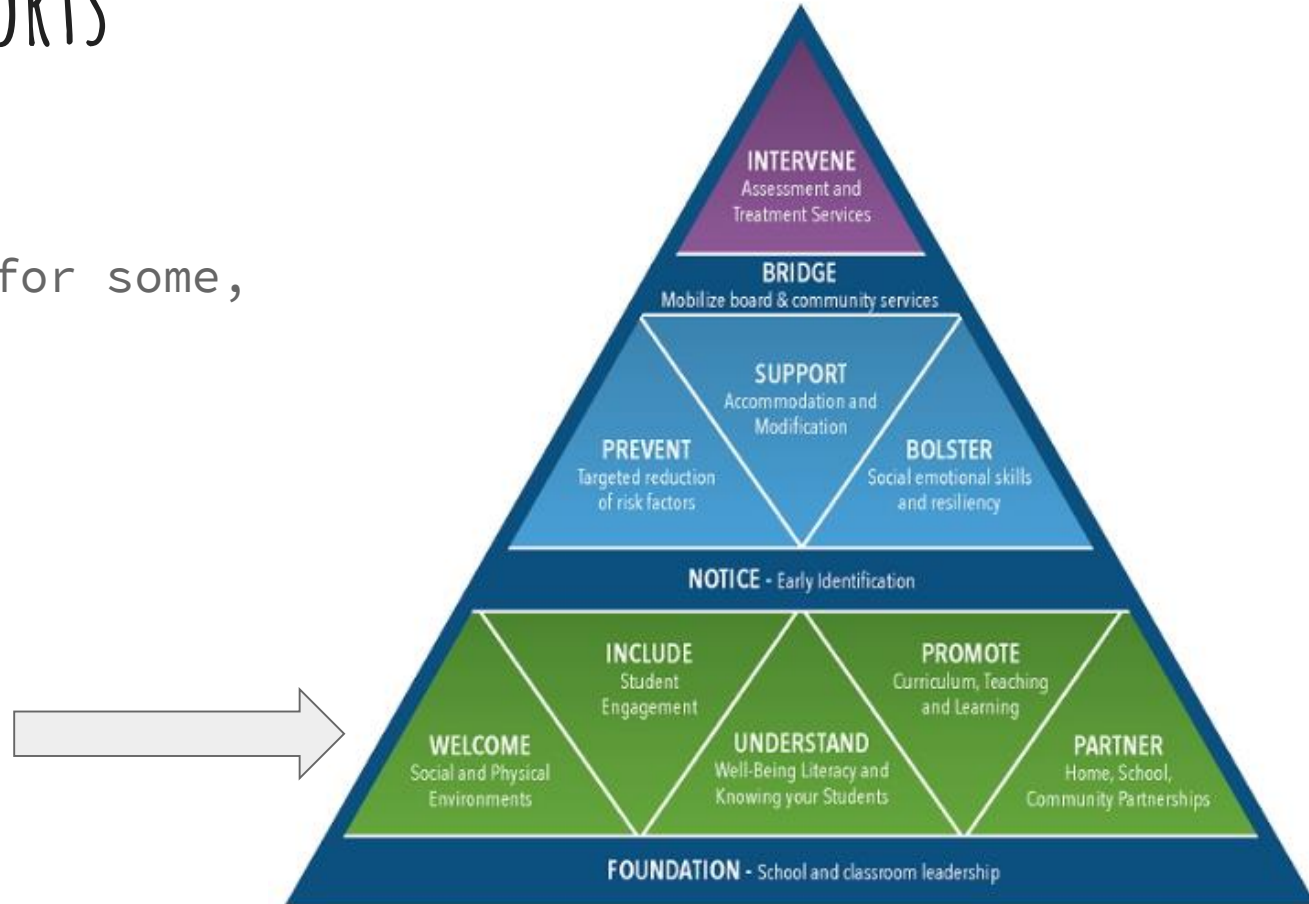
This is what  
works!!!! Stuff  
is not made up



# Aligned and Integration Model (AIM) for School Mental Health and Well-Being

## UNIVERSAL SUPPORTS

What's necessary for some,  
is good for all.



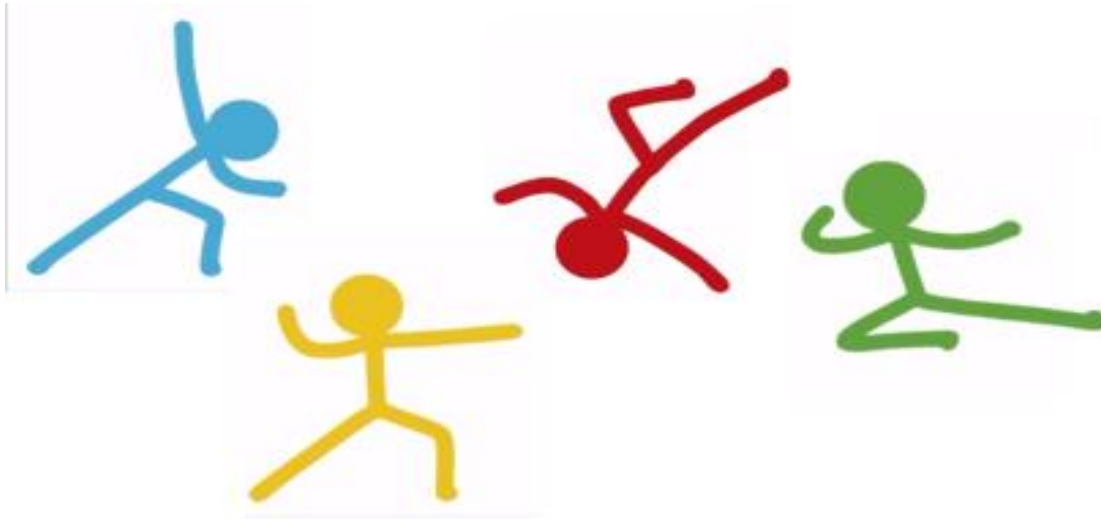
# AWESOME MOVEMENT

<https://app.gonoodle.com/activities/dem-bones-1?s=Search&t=bones>

“By not allowing our children to move everyday for at least 30 minutes we are doing psychological harm”.

Dr. Dean Kreillaars, 2018

WHAT MIGHT MENTAL HEALTH ISSUES LOOK LIKE IN SOME OF OUR STUDENTS?



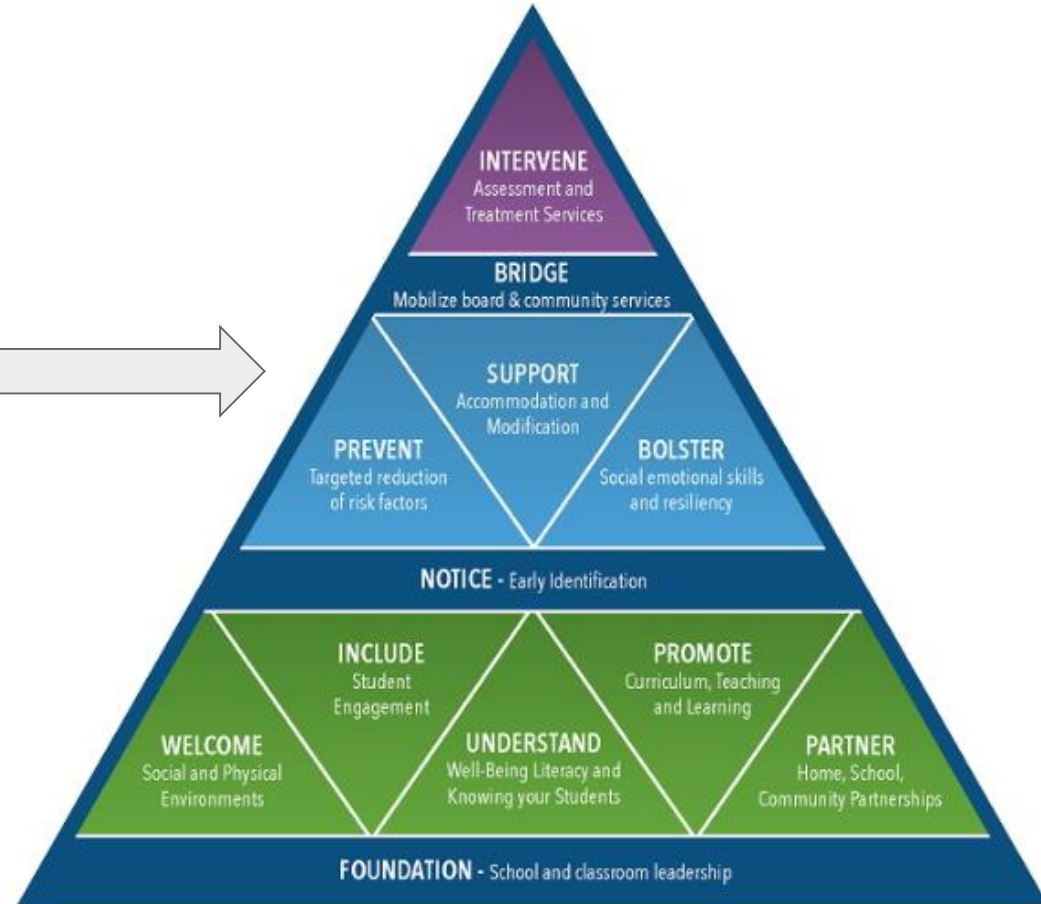
# Aligned and Integration Model (AIM) for School Mental Health and Well-Being

## TARGETED SUPPORTS

How can we intervene early  
to boost students in need?

“Supporting a child’s  
healthy growth and  
development is the core  
business of education”.

Dr. Bruce Ferguson



# Tier Two Work

Recognizing a child is having issues and supporting them

Noticing a child and responding

Small Group Work

Friends for Life

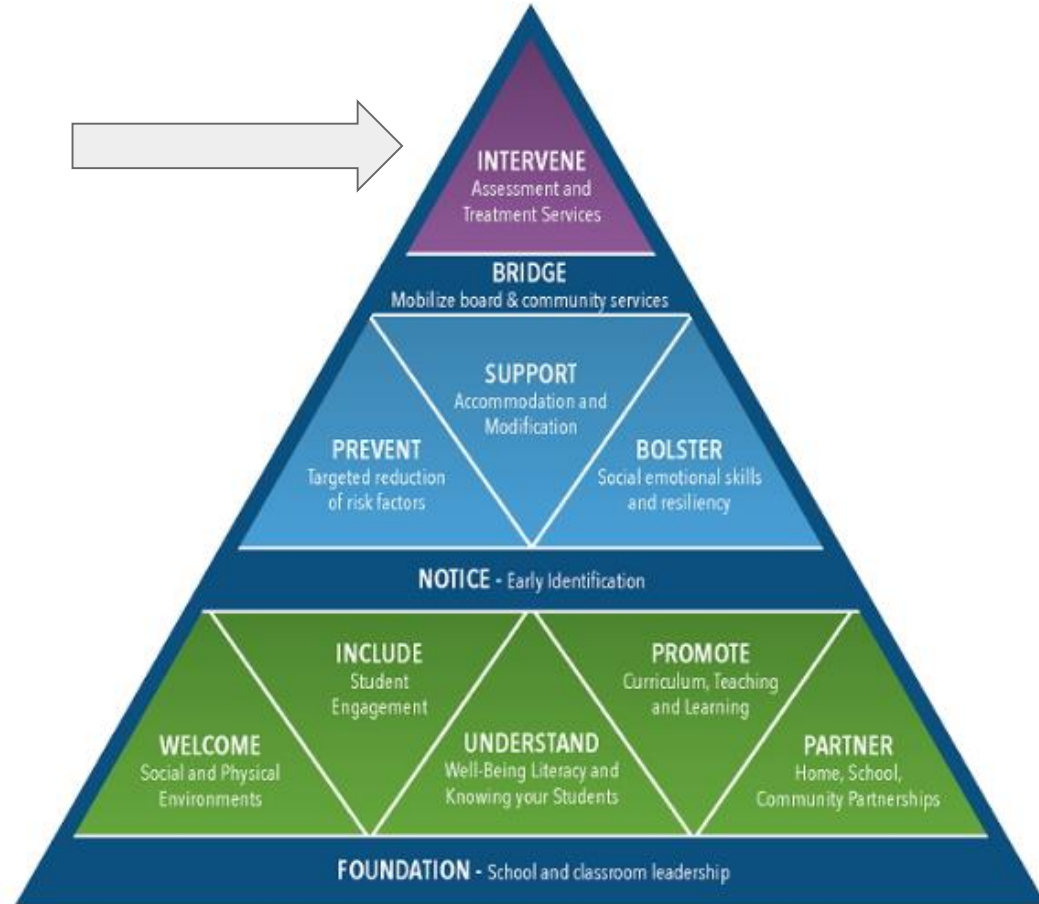
One to one supports for brief work

Remember educators are trained to facilitate a child's learning pathway and their role is not to be a practitioner but rather to notice, listen and refer to specialized services within the school.

# Aligned and Integration Model (AIM) for School Mental Health and Well-Being

## CHILDREN WHO NEED TREATMENT

How do we create safe spaces for all students, but especially those who need it.



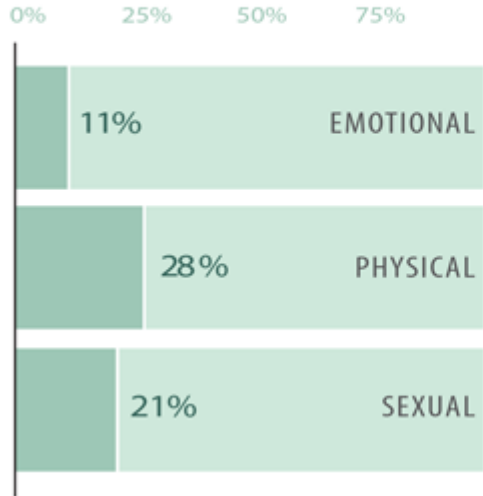
# LOOKING FROM ANOTHER LENS

<https://www.youtube.com/watch?v=apzXGEbZht0>

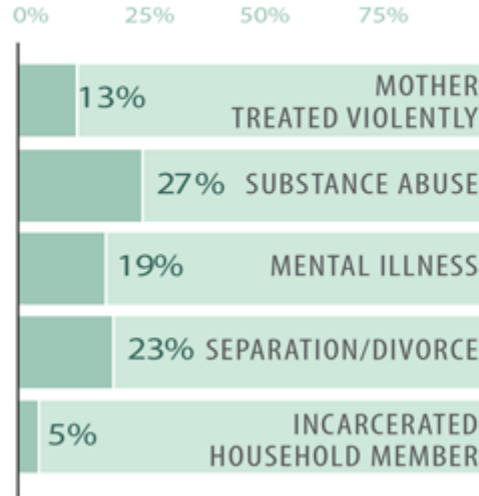


# ADVERSE CHILDHOOD EXPERIENCES STUDY

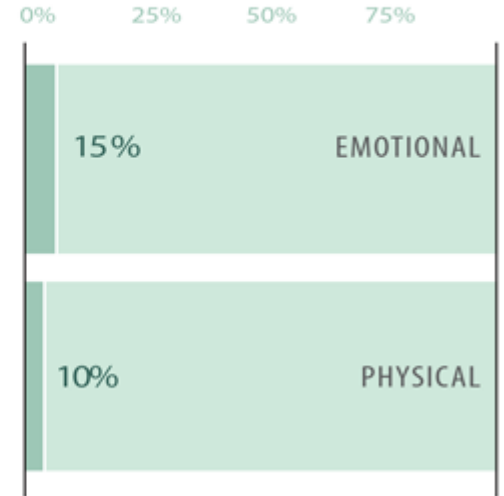
## ABUSE



## HOUSEHOLD CHALLENGES



## NEGLECT





OUR IMPORTANT MOTTOS!

DO NO HARM.

MENTAL HEALTH IS HEALTH.



We can have a mental illness and still be well!

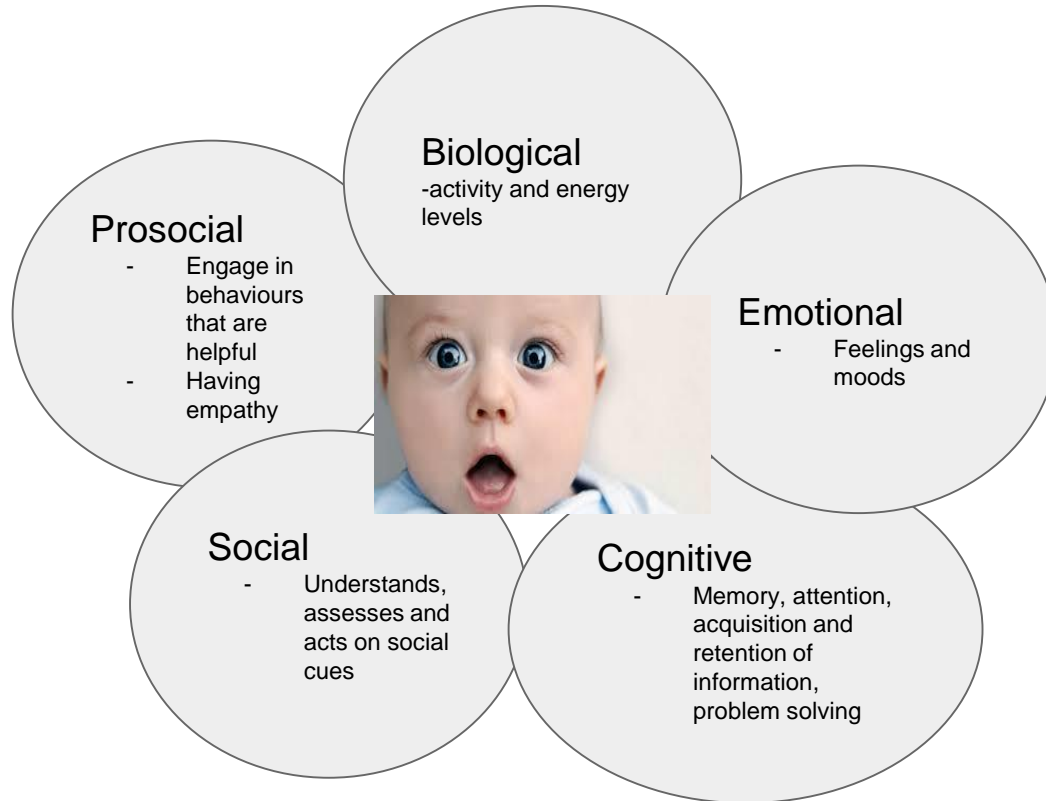
LET'S PLAY FAMILY FEUD



# WHAT DO ALL STUDENTS REALLY NEED?

- A warm welcome
- A smile
- A chance to learn
- A safe place to risk
- A connection to a caring adult, every day
- Someone who notices when something is wrong
- Someone who reaches out when they notice
- Someone who listens, and tries to find help for them
- Someone who believes in them, and instills hope

# THE DOMAINS OF SELF REGULATION



# RESOURCES

Everyday Mental Health in the Classroom - <https://smh-assist.ca/emhc/>

School Mental Health Assist [www.smh-assist.ca](http://www.smh-assist.ca)

Supporting Minds

<http://www.edu.gov.on.ca/eng/document/reports/supportingminds.pdf>

Psychology Foundation- <https://psychologyfoundation.org/>

Mind Your Mind- [www.mindyourmind.ca](http://www.mindyourmind.ca)

Go Noodle <https://www.gonoodle.com/>

# There's an App for that!

**Headspace** Free (in app purchases)

<https://pedroportoalegre.com/2014/11/05/headspace-the-meditation-app-that-will-change-your-life/>

“Headspace is meditation made simple. Learn online, when you want, wherever you are, in just 10 minutes a day.”

**Guided Mind** Free

<https://itunes.apple.com/us/app/guided-mind-guided-meditation/id672076838?mt=8>

“Relax and get guided through meditations on a variety of topics dealing with the stresses and challenges of day-to-day life.”

**Stop, Breathe, and Think** Free

<http://www.stopbreathethink.org/learn.html>

“A friendly, simple tool to guide people of all ages and backgrounds through meditations for mindfulness and compassion.”

**Calm** Free

<https://itunes.apple.com/ca/app/calm-meditate-sleep-relax/id571800810?mt=8>

“With Calm you'll discover how taking a few moments out of your day can make you happier and healthier”

**Mindshift** Free

<https://play.google.com/store/apps/details?id=com.bstro.MindShift>

“MindShift will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety.”

QUESTIONS?

