

Promoting Mental Health and Fostering the Resiliency of our Children and Youth Forum

Friday, May 27, 2016

8 am to 3:30 pm

University of Victoria

Registration Package



Hosted in partnership with School Districts 61, 62, 63 and 64,
Island Health, and the Capital Regional District
Child and Youth Health Network

Promoting Mental Health and Fostering the Resiliency of our Children and Youth Forum - May 2016

Welcome

On May 27, 2015, over 300 people came together for the first Capital Regional District Healthy Schools Forum. This year's event represents our continued efforts to foster greater sharing and collaboration, and to enhance the uptake of evidence-aligned, school-centred approaches to promote and support the mental health of children and youth in our region.

Supporting our children – and our collective efforts – requires a focus on building on strengths. Across school districts, organizations, regions and our province, there are good examples of promising practices underway and ample opportunities to learn, share, reform and more. Never before have we known so much about what makes a difference for children's health. We look forward to seeing you at the forum!

Agenda

Friday, May 27, 2016	
8:00 – 8:30 am	Registration
8:30 – 8:50 am	Welcome
8:50 – 10:15 am	From Evidence to Action: A dialogue on what we know makes a difference and opportunities to strengthen our efforts Maureen Dockendorf, Ministry of Education Dr. Kim Schonert-Reichl, University of British Columbia Scott Stinson, Saanich School District Maria LeRose (Moderator)
10:15 – 10:30 am	Morning Break (refreshments provided)
10:30 – 12:20 pm	Building on our Strengths: Roundtable Sessions
12:20 – 1:00 pm	Lunch Break (lunch provided)
1:00 – 1:30 pm	Connectedness Across our Communities Dr. Richard Stanwick, Island Health
1:40 – 2:50 pm	Where to Go From Here?
3:00 – 3:30 pm	Group Sharing and Closing Remarks

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Presenters

Maureen Dockendorf

Maureen Dockendorf is seconded to the Ministry of Education as Superintendent of the Early Years to help support transformational change within BC education system. She is a conference speaker, workshop leader and staff development planner and facilitator. Maureen also worked as an independent staff development consultant with teachers and administrators throughout North America.

Maureen has authored or contributed to a wide range of educational publications including Language Arts series, BC Ministry of Education documents and curriculum and assessment documents. She is frequently called upon to provide advice on policy, process and practice in the realms of Staff Development, Collaborative Practice, Educational Leadership, and Curriculum Implementation and Evaluation. Maureen is committed to success for all students.

Maria LeRose

Maria LeRose is a consultant at the Dalai Lama Center for Peace and Education and Producer/Moderator of the Heart-Mind conference series. She is also an award-winning television producer and interviewer, and an Adjunct Professor in the Faculty of Medicine at UBC. She received her Masters of Education from the University of British Columbia in the Department of Education and Counseling Psychology - with an emphasis on social and emotional development. She is a Keynote speaker, and Performance Coach.

Before embarking on a career in Journalism, Maria coordinated the first Child Abuse Prevention Program in BC, and worked in a variety of Social Service jobs including Youth and Child Care Worker, and Mental Health Worker. She has moderated panels featuring the Dalai Lama, Mikhail Gorbachev, Sir Ken Robinson and other luminaries.

Dr. Kimberly Schonert-Reichl

Dr. Kimberly Schonert-Reichl is the Director of the Human Early Learning Partnership (HELP) in the School of Population and Public Health in the Faculty of Medicine at the University of British Columbia (UBC). Kim is an Applied Developmental Psychologist and a Professor in the Human Development, Learning, and Culture area in the Department of Educational and Counselling Psychology, and Special Education at UBC.

For more than 20 years, Kim's research has focused on the social and emotional learning (SEL) and development of children and adolescents with a particular emphasis on identifying the processes and mechanisms that foster children's positive human qualities such as empathy, altruism and resiliency.

Scott Stinson

Scott Stinson is the Assistant Superintendent of Learning Services for the Saanich School District (School District 63). He is responsible for early learning, support for students with special needs, Indigenous education and elementary schools in the district.

Dr. Richard Stanwick

Dr. Stanwick is the Chief Medical Health Officer for Island Health. In this role, Dr. Stanwick is responsible for communicable disease prevention and control in the community, and provides evidence-based opinions to physicians, Councils, Boards and the community on a wide variety of health issues including communicable diseases, environmental health issues and complex health related social issues. He is also responsible for monitoring and assessing the health status of the community, making recommendations for strategies to address health issues and implementing immediate actions when necessary to protect the health of the public.

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Forum Information

Roundtable Sessions: Building on our Strengths

At this year's forum, you will participate in four unique Roundtable Sessions, each illustrating a promising practice in the promotion of mental health and resiliency in children and youth.

There are 12 sessions being offered (A-K). Pre-select 4 sessions you would like to attend before going to the Eventbrite Registration. You will be asked to identify the sessions on the registration page.

Information about each session is provided in the following pages. Registration link is below.

<https://promotingmentalhealthandfosteringresilience.eventbrite.com>

Student Registrants

Each district is providing a limited number of free student registrations. Please check in with your district contact below if you have more than 4 students that you would like to register.

SD 61 – [Marnice Jones](#) SD 62 – [Christine McGregor](#) SD 63 – [Scott Stinson](#) SD 64 – [Doug Livingston](#)

All students will be automatically enrolled in a separate youth session rather than the Roundtable Sessions described above. This session will feature a presentation from Spectrum High School students about their mental health project and other interactive activities.

We encourage all students to participate in this session. However, if you prefer to take part in the Roundtable Sessions, please contact Marnice Jones (mjones@sd61.bc.ca).

Getting to the Forum

The forum will take place in the David Lam Auditorium in the MacLaurin Building (3800 Finnerty Road, Victoria) at the University of Victoria. The campus is accessible by public transportation, bike and vehicle. Vehicle parking is \$7 for the day. For information about transportation and parking on campus, please see

[BC Transit Bus Routes](#)

[Parking Information](#) and [Maps](#)

[Cycling Routes and Information](#)

Other Details

Lunch and refreshments will be provided at no additional cost. To reduce waste, please bring a reusable coffee mug and/or water bottle. Please bring your printed ticket for check in at the registration desk. An evaluation will be done by a survey monkey after the forum – please tell us your thoughts!



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Roundtable Session Options

There are 12 sessions being offered (A-K). Pre-select 4 sessions you would like to attend before going to the Eventbrite Registration. You will be asked to identify the sessions on the registration page.

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Session A: Families Understanding Early Learning

Janet Hoag and Kathryn Akehurst (Gulf Islands School District)

Families Understanding Early Learning is a free program for families with pre-school and primary-aged children that is offered by the Gulf Islands School District and Salt Spring Literacy. Parents attend five interactive workshops on the following topics: Social Emotional Learning and Self-regulation; Early Literacy; Early Numeracy; Developing the Brain Through Movement; and Sexual Health. Each workshop illustrates the vital importance of the parents' role in helping their child to learn. Integrated throughout all the sessions is the importance of play and connections to neuroscience and research.

Session B: Connecting Generations

Sarah Hook-Nilsson (Gulf Islands School District)

Initiated in 2010, *Connecting Generations* brings together youth and adults, including seniors, by creating opportunities for face-to face conversations about shared interests, skills or life experience. Since the program began, more than 200 community adults have engaged in conversations with youth on a one-to-one basis, in small groups and in classes. An upwards of 14 representatives from different organizations have participated in the program since the program began.

Session C: Student Advocates: A Collaborative Approach

Ronato Pama, Kelly de Klerk and Mara Fedrigo (Saanich School District)

In this session, Saanich School District Student Advocates will share their experiences working with students and families that have, or are at risk of, disconnecting from school. Working from an early intervention and supportive problem-solving perspective, the Student Advocates look at barriers to success and alternate pathways for students struggling students.

Session D: Land-Based Learning

Ivy Seward, Marie Moriss and Wendy Macdonald (Saanich School District)

This is the story of Bayside Middle School searching for ways to build a sense of belonging and connection for a group of Indigenous learners who were struggling to connect within the normal classroom environment. In this session, presenters, Ivy Seward, Marie Moriss and Wendy Macdonald, will share how the school connected with community elders, volunteers and school staff to create a program that reflects traditional teachings, language and understandings which build connection for the students in school.

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Session E: WellAhead Initiative

Greater Victoria School District

WellAhead is an initiative of the J.W. McConnell Family Foundation that aims to improve child and youth social-emotional wellbeing through everyday school practices. In its first year, WellAhead has focused on *everyday practices that make a difference*: sustainable, scalable approaches to advancing student wellbeing that don't require major resources to implement; that naturally fit within the role and skill set of educators and school partners; and that build upon existing assets and capabilities. In this session, the three schools in the Greater Victoria School District that are participating in WellAhead Initiative, Esquimalt High, Rockheights Middle and Shoreline Middle School, will share their experiences and learning as they have gone through the process of co-designing an everyday practice, prototyping the practice and scaling it out to in-house staff and additional schools. They will also speak to the success of the everyday practice they have implemented.

Session F: Mindfulness for Educators

Lisa Baylis (Greater Victoria School District)

Teaching mindfulness to youth is significantly enhanced and more effective when it stems from a base of personal practice. In this session, Lisa Baylis will provide an overview of the Mindfulness for Educators program which helps participants to deepen self-awareness, lower stress and increase overall well-being through personal mindfulness practice. The program consists of an 8-week personal practice course, half-day workshop and online forum, which allow participants to learn more about the research on mindfulness in education, discover tools and strategies for teaching mindfulness in the classroom, and to learn how mindfulness strengthens aspects of positive education. The program was successfully presented to a group of 25 teachers, youth and family counselors in the Greater Victoria School District with the support of a district grant.

Session G: Child & Youth Health Network

Petra Chambers-Sinclair and Kathy Easton

The Child & Youth Health Network is a Collective Impact initiative in the capital region of British Columbia. The network's multigenerational vision is: *Communities supporting healthy kids growing into healthy adults raising healthy kids*. In this session, Petra Chambers-Sinclair and Kathy Easton will share how the network is working across sectors to improve mental health outcomes for young people through system alignment and increasing connectedness for children and youth to family, community and school.

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Session H: Explore Outdoor Learning within a Comprehensive School Health Model

Jeff Baxter (Sooke School District)

Each day, Jeff Baxter and his grade 4 and 5 class at Sangster Elementary ventures into the forest to soak up the benefits of 'their brain on nature' and immerse themselves in unique curricular activities. In this session, Jeff and his students will share how they integrate Sooke School District's on-line Comprehensive School Health into their learning with a major focus on outdoor learning, and how this approach to learning is aligned with the Ministry of Education's belief that the development of the whole child is paramount for our education community.

Session I: Introduction to Social Thinking for the Classroom

Veronika Kurucz and Diane Tomaselli (Sooke School District)

Social abilities are important factors that contribute to academic success and to the ability to lead successful and fulfilling lives. In this session, Veronika Kurucz and Diane Tomaselli will share how the implementation of social thinking among educators in the Sooke School District is helping to support to students with social cognitive deficits to achieve academic success and lead more successful and fulfilling lives.

Session J: Stop Wondering, Start Knowing: A Mental Health Video Resource for Schools

Michelle Cianfrone (B.C. Children's Hospital)

Stop Wondering, Start Knowing: A Mental Health Video Resource for Schools is a resource developed by B.C. Children's Hospital to help increase student and school staff understanding of mental health. The resource consists of a facilitation guide, short video stories and links to additional resources and supports which can be used in classrooms and schools with students in grades 8-10. In this session, Michelle Cianfrone will share about this resource, and how it has been used across the province to build capacity in school districts to promote mental health literacy.

Session K: Kids Have Stress Too! Helping Kids Survive and Thrive in Challenging Times

Cindy Andrew and Dr. Linda Scott (Psychology Foundation)

In the words of Dr. Bruce Perry, "Resiliency = Stress + Support." In this session, presenters, Cindy Andrew and Dr. Linda Scott will focus on practical strategies and Canadian resources that are available to support children and youth in developing the competencies they need to manage life's ups and downs. The session will focus on the Kids Have Stress Too! resources, and how they align with the B.C. Ministry's new curriculum on Physical and Health Education.