

Event - Promoting Mental Health and Fostering Resilience in our Children and Youth May 27, 2016

64 Responses

As a result of this forum, I learned something new that will be helpful to me in my role.

Answer Choices	Responses
Agree	78.13% 50
Neither agree nor disagree	17.19% 11
Disagree	4.69% 3
Total	64

Comments (35)

1. It was great to learn about what some of the districts are doing.
2. Absolutely everything from the day was empowering
3. Research based information that I can share with the staff at my school
4. Making a connection with students, peers and presenters gave me a positive outlook going forward. Also a better sense of access and current direction of the district and local community services.
5. I really enjoyed the workshops and found the 2 by 10 theory useful and applicable.
6. I liked the Well Ahead 2x10 as a rough guideline to connecting with a target students who we are at risk of losing positive connection with.
7. I'm more aware of the contribution that can be made by youth to this discussion.
8. The different levels that are involved with student wellness
9. Learned about new resources in breakout sessions - e.g., Children's Hospital, Kelty Mental Health Website, Kids Have Stress Too, etc.
10. I learned more about what is happening in SD62 which will help me support my schools as a Public Health Nurse
11. Youth voice and the importance of empowerment

12. There was not a lot of new and shocking info. But it was inspiring to be reminded.
13. The sessions I attended were great. The panel was well informed.
14. It was interesting but not new information.
15. I very much appreciated the panel discussion and the talk by the Chief Medical Officer of the CRD. As I was presenting, I was (sadly!) unable to hear any of the other presenters myself!! Great to hear that Mental Health and Resilience is more than on the radar - it is up there front and central!
16. As an educator and clinical supervisor I was already aware of all the info presented
17. The afternoon SD session was helpful in connecting me with others in the district & community.
18. We had 30 youth from the Gulf Islands. Their answers and leadership in our break out group was very valuable.
19. Mindfulness
20. I didn't really hear anything I didn't already know. I think the discourse that was started in the afternoon was helpful--making district connections, brainstorming as a collective--that was helpful.
21. The panel had good thoughts and ideas and I heard a student and parent perspective that I think is important in moving forward.
22. I learned more about the initiatives that are available to implement in the schools.
23. more resources
24. The fact that stress is contagious, we need to be more supportive of teachers needs so that they can be better disposed to be available to their students.
25. The speaker from SFU was truly inspirational.
26. I learned that there is already so much being done. It is inspiring to know a lot of people have jumped through the difficult hurdles, paving the way for the rest of us.
27. I appreciated the student voice
28. Many new resources
29. I was there in a role to support the learning so most information was familiar to me (but always a great refresher!)
30. Love Saanich's family connection outreach counsellors and very happy we will be seeing something similar in sd61.
31. always learning about well-being is helpful. loved the concept of "slow learning"

- 32. Current initiative in my own District.
- 33. Enjoyed hearing about the Well Ahead initiative and about the Stressed Out Kids resources.
- 34. The initial speakers elaborated on the curriculum changes to include time for social and emotional learning.
- 35. 2 X 10

As a result, I am likely to apply this new information in some way.

Answer Choices	Responses
Agree	84.38% 54
Neither agree nor disagree	12.50% 8
Disagree	3.13% 2
Total	64

Comments (27)

- 1. I will share information about these services with my clients.
- 2. I plan on utilizing 2x10 in my daily life and work life!
- 3. I will present some information to my colleagues at our staff meeting
- 4. I will be able to help my students and families.
- 5. I have already started using the 2 by 10 model within my day.
- 6. It was just a great reminder to reframe my interactions with some of the more challenging students and also to connect with the "good" kids who sometimes get lost in the shuffle.
- 7. I have a greater sense of how I can support our secondary students as they plan a fall event focused on promoting wellness and resilience.
- 8. Give students more brain breaks and opportunities to practice mindfulness
- 9. Have shared it with my staff, discussed with counselling team
- 10. I would really like to advocate for early morning movement in school
- 11. I need to encourage my teachers to get their kids outside more to learn.

12. I found the feedback from those who attended my presentation very helpful - confirmed that other people also believe in programs of this type. I will be open to supporting others to start intergenerational programs in any way I can.
13. The mini-sessions provided great concrete examples I can share with others, such as the Outdoor Learning Session by Jeff Baxter in SD62.
14. when my school calls me I can give them a resource
15. I would like to offer sessions twice a month where the staff could meet to discuss a variety of things related to their mental well being.
16. We are seeking to find out more about her ideas.
17. Right now I am just taking stock of the youth I am working with and getting a feel for some of the needs of our community.
18. I like the idea of 'slow teaching'
19. Mindcheck.ca
20. I would like to be a part of the planning around how this position will work in sd61.
21. continue to share language around well-being
22. Advocating other schools adopt.
23. Will aim to identify those students at the school who have limited contact with the adults in the building in order to improve their level of connectedness.
24. I intend to ask the teachers in future about this to ascertain how they intend to achieve this in relation to my son with special needs.
25. Strengthen and give structure to our current "KELSET Angels" model using 2 X 10 structure

I have a better understanding of the new BC K-12 curriculum and it's potential to help promote resiliency and positive mental health in our children and youth.

Answer Choices –	Responses –
Agree	54.69% 35
Neither agree nor disagree	31.25% 20
Disagree	14.06% 9
Total	64

1. This is exciting! I wish my kids were just starting the curriculum instead of ending secondary school. Big changes to come that will better our future's mental health. Way to go
2. I already had a pretty good understanding of this
3. The speakers did a good job of promoting and referring to the curriculum through out the day.
4. There was nothing new for me on this front. To be fair, I've been intimately involved in the journey towards the redesigned curriculum.
5. The opening panel gave me better insight into the the rationale and connections to mental health
6. An introduction but need more.
7. Yes. More on this would have been interesting, though not enough time for everything!
8. if the students come to the conclusion that no one really knows what they should be learning in order to do well in the future, existential anxiety as such may result. If we're teaching them to demand a better world where early missteps can be overcome, that's something else, and a good thing.
9. I was already very conversant about the new BC Curriculum
10. I feel very familiar with the new curriculum and have been fully implementing it this year in the program I work in
11. I have a good understanding of the redesigned curriculum.
12. Without positive mental health and resiliency, children have a hard time to learn. This is so important. So glad to see the curriculum put a major focus on this.
13. The Ministry speaker was nothing more than a pre programmed spam bot....her contributions were more about how great a job the ministry has done as opposed to telling us anything related to mental health.
14. I am excited about being on the ground with this new curriculum and contributing to a very important way of thinking and being.
15. Still not sure how the redesigned curriculum will promote resiliency
16. The new curriculum is old for me as I have already used the competencies and the other things that others may think of as new
17. Minor change to my understanding of curriculum. I also am not sure how much will be implemented because each teacher can do as they please in the classrooms.

What would help you, your school, your district and/or your community move forward in fostering the resiliency and promoting the mental health of our children and youth?

1. Having a good understanding of all the programs and services that are available in the different districts.
2. More forums like this: affordable, local
3. Having people (counsellors, behaviour support teachers) at the front line, in the elementary schools. Full time. Having money for the resources and time (not in addition to all we already have to do on our own time) to train the teachers to use them in their classes. Inservicing teachers to recognize and respond appropriately to mental health issues their students are facing.
4. Listen to our youth
5. Professional development opportunities for teachers to help them understand how important mental health is, beginning with their own mental health
6. More information in regards to managing, coping and accessing appropriate services. Promotion and implementation of proven programs, activities, and events to help people.
7. One stop shopping at every school - YFC, counsellors, public health, MCFD....parents need to be able to come into the school and get everything they need right there!!! My dream....
8. Funding choosing 1 or 2 initiatives to focus on greater collaboration
9. I would like to more actively use mindfulness as part of my self reg tool chest for both myself and the students I work with.
10. Sharing of examples of ongoing actions that promote resiliency.
11. Resources, time to collaborate on how to move forward.
12. Professional development opportunities
13. - better communication, coordination and collaboration among various stakeholders - enhanced parent engagement and support (e.g., workshops to discuss various parenting topics)
14. A follow up meeting of the District 61 educators who met in the second to last session, to formulate a coordinated action plan
15. More qualified mental health professionals working 1:1 with students, better access to direct services, more collaboration among agencies, and better access to sharing information between agencies.
16. Continuing to make connections and breaking down silos so that we work together to support families in this community.

17. More collaboration with schools and community partners, and funding, always funding!
18. more in depth information and collaboration with the youth, schools and community agencies
19. BC education movement before learning requirement.
20. As teachers we are not experts on supporting kids with mental health concerns. My wish would be for families to be able to have a quicker response to receive outside support.
21. Greater FTE ratios for school counselors, serious consideration of class size and composition will allow teachers to have great access to more students.
22. Teacher well being is so important. If we as teachers are stressed it's hard to imagine how we are going to be able to promote mental health to our students. Changes need to be made at the provincial and distinct level so that teachers are less stressed and that they have more ability to stay in a school rather than being tossed around every June.
23. Hopefully talking more about it, and talking about how there's also the mental health of the teachers that can affect the mental health of the students, and vice versa.
24. It would really help everyone if we took more effort to foster resiliency and mental health starting in the early years where the crucial learning begins. It is important to support students in schools but focusing more efforts on early education (optional all day Jr. Kindergarten, more quality control in daycare, more training for daycare providers) will help prevent many of the issues we face with school age students. Are you aware that 43% of child care settings are family based home daycare? And did you know that of these 43% the care provider is only required to have 20 hours of training in their entire career of working with children? Why does 'education' not start with the early years and the care providers of these most vulnerable children?
25. more specific mental health services
26. Sharing of information and ideas. Hearing from people of all ages and backgrounds.
27. More support for learning sessions like this.
28. More designated funding jto do so
29. Encouraging as wide a field of enquiry as possible, academically and in pastimes, with guided instruction in fundamentals. While some students may have a good idea of subjects to challenge themselves with, most have no idea what they should be doing, and need guidance as to the future. I worry the new curriculum will best serve only the most initially self-motivated.
30. More training/support for educators re resources that support social-emotional learning and mental health literacy. More support for families who are struggling.
31. I'm doing it - colleagues, speaking up, inquiring, creating safe spaces...
32. More 'in school' programs aimed at secondary school students

33. Continuing to come together to discuss issues, concerns, possible solutions, collaborating with peers, community and kids...hearing the voices of our learners is always powerful in determining educational needs
34. Easier access to outdoor education More funding More community education/normalizing the Mental health needs of everyone
35. Continuing to build connections and a wrap around model of care.
36. Funding directed at Mental Health initiatives
37. Implementing as many developmental asset building measures as possible.
38. more time
39. Have a team in place to talk about ideas that we can implement and see them go forward.
40. Resources! and in French.
41. More money put towards counselling, more connections with outside agencies.
42. More info and exposure to community resources...less ministry bafflegab.
43. It will be of great benefit to take time to really look at the resources available before attempting anything new or reinventing what has already been created. Learning from those who have gone first what the difficulties were; some of which was touched upon in the sessions.
44. open conversations with youth about topics youth choose to talk about
45. Applying some of the new resources learned. Attending forums like this one - regularly
46. Further breaking down of silos between education, Health, MCFD, and community partners.
47. Working with school district to bring in more peer supports, and health teams at each school.
48. Having a global understanding of how society and communities function. It takes a village to raise a kid. We need all the stakeholders to engage. Everything is at stake because it is the future of our kids.
49. More opportunities to get together with other school districts and share what is going on.
50. continued support around well-being for both staff and students. collaboration time. mindfulness for educators.
51. On site personnel.

52. A commitment to maintaining current levels of counselor staffing in schools - ideally increasing counselor time. A reinstatement of recently-cut funding for non-enrolling LS/IS teachers who play a vital role in keeping at-risk kids engaged and connected.
53. More counsellors and better relationship building and understanding by all staff (including office and secretaries) for those children with struggles. Move from "that brat" to "this child needs assistance".
54. multi-systemic cooperation (facilitated, funded and directed by a collaborative inter-governmental task force - Ministry of Health, MCFD, Island Health, Ministry of Education, others...) with clear outcome objectives designed to provide necessary range of services to all youth and families without long waits and located in many communities to facilitate terrific access) to provide coordinated, accessible in every community comprehensive health services for youth which include resources (money, on-site professionals across all areas -- i.e. Speech and language, psychiatrist, psychologist, primary health care, dental care, mental health clinicians, youth and family counsellors, nurses and nurse practitioners, etc.). I consider this development necessary to be taking place YESTERDAY! (meaning get on it, now!) and, that this will support the amazing things that are taking place now, even though this necessary, collaborative, structural, directional and economic framework is not in place! Great things are happening but are not supported by the necessary structure and funding. This needs to happen for real change to evolve and be realized. Also - parents need more support to fill their roles as parents with respect to supporting healthy growth and development of their children, ESPECIALLY when their child is suffering with mental health, substance use-related, and other difficult to deal with behaviour and situations/developments. I believe that we all need to work together and be funded to provide youth and family counselling to any/all youth and families that want to access such services or that are referred to such services by health care and other community-based helpers/programs/agencies.
55. More knowledge around mental health for school staff, with direction of understanding not diagnosing, knowledge/tips on creating meaningful relationships with parents for school staff and administration. Knowledge to school staff and administration on community supports and how to find/use them in a school setting or how to refer families to them.
56. It is key that all of these programs, resources, services, initiatives, etc make it to the front line. Classroom teachers need to know what is out there and how to access for kids and families. Right now the knowledge is held by the once a week counsellor or saved for the kids in crisis.
57. A increased focus on connecting youth with resources in our community such as youthspace.ca

Who are you? Please check all that apply.

Answer Choices	Responses
Parent	48.44% 31
Student/youth	3.13% 2
Teacher	31.25% 20
School Counsellor	6.25% 4
School Administrator	12.50% 8
School Educational Assistant	6.25% 4
Other school district employee	9.38% 6
Island Health employee	18.75% 12
Community agency employee	14.0 9
Responses Other (please specify)	15.63% 10
Total Respondents: 64	

Did you attend the 2015 Child and Youth Mental Health Forum held on May 27th at SJ Willis School?

Answer Choices	Responses
Yes	44.44% 28
No	55.56% 35
Total	63

Any final comments or questions, please share!

1. Love it.
2. Very little (if any) of what was learned/shared at the conference will make it into the hands of the teachers who are working with these students every day. It is 3 weeks after the conference; I just surveyed teachers from at least 15 schools in our district to see if

anyone (their part-time school-based counsellor would probably be the only one at the conference that is attached to their school) at their school has shared even the list of free on-line resources available with them, and no one had received the information. I don't know how to explain the disconnect between all the good work that is going on out there and how it doesn't make it into our elementary classes. Teachers are alone with too many students who need one on one support and don't have access to it. They can't teach when they have several volatile children in their midst. They can't address the mental health needs of the at-risk children in their class on their own and help is not getting to them. If anything "support" is still being stripped away due to budget cutbacks.

3. I felt empowered and rejuvenated after this forum. I hope there is another forum next year. The best part of the day...hearing from the youth themselves :)
4. Wonderful opportunity to connect and find out about some of the amazing things that folks are doing to support children. What an amazing panel. Loved the day!
5. Thanks for your work on this. The speed-dating continues to be quite informative for me and for my colleagues.
6. Thank you, it was a great day. I found the panel really informative and interesting. The most valuable time of the day was when we broke into districts and could connect with others to discuss what we are doing and where there are holes that we can fill.
7. 2 x 10 was great
8. The opening session (panel) seemed to wander away from mental health to the new curriculum a little too much at times
9. On the list of resources that was handed out to participants, YouthinBC was listed but not Youthspace.ca. Thanks so much for offering this workshop!! I look forward to attending in the future!
10. We need less internet connections and more human connections...
11. This was a great forum! So well organized, great speakers/presenters! I am excited!
12. Let's do it again!
13. Thank you for organizing and having such a reasonable registration fee.
14. There was a lot of short fast information sessions but they lacked depth. It would have been more valuable to have had longer but fewer sessions with deeper conversations. It was advertised as a round table, I thought that meant, we all got to share and discuss.
15. It was an amazing event, and I'm so happy to have been able to go. Thank you :)
16. I am passionate about this topic and this is why I am presently doing a Masters in Counselling Psychology. I know we could ease the burden of mental health issues in our youth by looking at our very young and how many of them are missing out on crucial quality care and social and emotional support. At the elementary level consider rethinking the hiring process for educators. Teachers should be hired for their ability to

love each child unconditionally above all else. As was the comment in the opening forum; children remember their teachers, good and bad, far more than they remember the material.

17. Great day! Very well organized! Thank you.
18. A great day! Thank you for organizing this.
19. Thank you for putting this on.
20. Thank you for a well-planned and inspiring day. The venue was well-suited and the food was delicious. The cost was very reasonable. One suggestion for next time would be to have more time for the mini-session examples.
21. The most valuable pieces for me were the connections made with people in the in-between parts. How can a pre-survey and design to enable this be woven most effectively in, is my question?
22. The mini sessions were too short - I'd rather have one less session and more time in the others. One presentation, I was left wanting more & one was so short, I still didn't understand what their program was about when it ended.
23. I thought having families of schools, as was the case for Esquimalt High School, shoreline & Rockheights Middle Schools in attendance together made so much sense. I would have liked to have seen more of that and, also, I would hope for more of an elementary presence. I think mental health in elementary is often not acknowledged--it's identified as behaviour rather than mental health
24. Make it more student focussed. The high school students with the first part of the day before the break out groups.
25. I enjoyed this conference
26. I thought this forum was excellent. I liked the balance of being able to listen, learn and provide input as well as hear specifically from our district and community members. Venue was excellent.
27. Thanks for an absolutely amazingly wonderful day! I was so impressed by what the presenters had to share, the excellent resources, and that the kids were there. One suggestion might be to tone down the language a bit to appeal to the students a bit more. I was trying to listen from their point of view and I wondered if it was a big high level at times to keep their attention. But, just when I thought the speaker was losing them, the topic switched and they were back with them. Just to keep it light and lighthearted for the kids. The students had excellent ideas to share. It would be great to see support given to them to see their ideas to fruition. ie: the Gulf Islands wanting to have a mental health workshop day in their high school. I think this would be an amazing day for the youth near the beginning of the year!
28. Thank-you so much for putting this on. I am looking forward to next year already.

29. The round table discussions were not as helpful as the large discussions. I wished that we had the morning and afternoon whole discussions for a lot longer time frame than the 50 minutes allotted.
30. The session that gathered the people from each district together was the best. So much energy and enthusiasm from adults and students. A great start for our program we are running next year.
31. I had no idea so much was being done. I congratulate those people who really care about our children and are able to step out on a limb and DO SOMETHING. I feel privileged to be in their company and follow in their footsteps. Thank you for all you do!
32. Thanks so much!
33. I thoroughly enjoyed this forum. I also liked the location much better than the previous year.
34. Great work - thank you for contributing to this important work!
35. Many Thanks!
36. All the best. we need more understanding of mental health. When I arrived to Canada, I was shocked to see how many people were in the streets in dire need of help. Just to be in the street and I mean Hastings and Main street in Vancouver is already a catastrophe. We need a radical shift and a radical approach that aims at empowering, enabling and ennobling people and not one based on interest and profit. I can say it in capital letters "ENOUGH IS ENOUGH" I appreciate tremendously your efforts at bringing people students, parents, school districts and more to engage in finding ways how to help youth face an uncertain world. All the best. I was helping my colleague in leadership and I ended up attending Uvic. I am very glad and I hope to attend the mental health discussions in the future.
37. The young slam poets were absolutely remarkable and the highlight for me of the day.
38. A very well-organized event. It was great to have time to network and brainstorm with others in the mental health field.
39. Well done. Very few non-education parents in attendance. Increase parent and youth attendance. Invite parents to bring their youth along in the original invitation. Send out the invitation by email through school distribution lists.
40. Keep the momentum and the good work going! Fabulous work last year and this!! :) Let's all get together to get our varied and "siloed" systems to get together, build/fund/implement the necessary NEW and collaborative comprehensive health plan for providing necessary services to children, youth, parents and other family members.
41. I'm pleased to be a part of the forum and see/hear how all school districts are incorporating mental health into their days. I see that they are just scratching the surface and I look forward to seeing the results of its growth.