

SUPPORTING MENTAL HEALTH FOR STUDENTS IN SCHOOLS

Background

“Current research clearly identifies the importance of mental health to learning, as well as to students’ social and emotional development. Students who experience positive mental health are resilient and better able to learn, achieve success and build healthy relationships. Given the important relationship between positive mental health and academic success, schools have an important role in nurturing students’ positive mental health and well-being” *Working Together to Support Mental Health in Alberta Schools*, Alberta Government, 2017.

Procedures

1. Ensuring that the School’s Mental Health Plan is an integral part of the school’s total educational program rests with each school administrative team. (refer to Appendix)
2. The School Mental Health Plan is developed by the school-based team, under the leadership of the Principal, with input from stakeholders. Implementation of the plan is a collaborative effort between school-based teams, school-linked teams and partnering agencies. The School Mental Health Plan reflects the unique needs of each school community.
 - 2.1 Several helpful resources, such as the Positive Mental Health Toolkit and others, are located in the Staff Link Knowledge Centre under Student Supports - Student Services Resources - Student Services Resource Library.
3. The specific needs of the students and the expertise available in each school will influence the way in which supports and services are provided.
4. A continuum of mental health supports will be accessible to students, including universal supports for all students, targeted supports for some students and specialized supports for a small number of students as required.

All school-based staff would be involved, to some degree, in the provision of **universal** programs and activities that assist students in the development of positive mental wellness. School-based staff with training in Counselling, Social Work or related fields will provide short-term, solution-focused, **targeted** mental health supports for students in schools and make referrals to community agencies as appropriate for **individualized/specialized** mental health supports and/or crisis situations.

5. Professional guidelines for mental health supports in schools are under the aegis of the Director of Student Services.

6. Completed school mental health plans should be submitted to the Director at Student Services by October 31 of the current school year.

Reference Section 3, 11, 18, 32, 33, 52, 53, 196, 197, 222 Education Act
Comprehensive School Guidance and Counselling Programs and Services, 1997
Freedom of Information and Personal Privacy Act
Guide to Education ECS to Grade 12
Knowledge Centre - Student Support - Student Services Resources:
 LA RCSD Classroom Profile of the Confident Engaged Learner
 Pan-Canadian Joint Consortium for School Health website - What is Comprehensive School Health?
 Positive Mental Health Toolkit
 Working Together to Support Mental Health in Alberta Schools, Alberta Government 2017
Personal Information Protection Act
Self-Care Wheel - www.OlgaPhoenix.com

Template School Mental Health Plan