



WINNIPEG SCHOOL DIVISION

# Mental Health

## 2016-2017 Report



# Background

- The priority focus for 2014-2018 Mental Health Strategy (Healthy Minds) is Mental Health Literacy (MHL). Mental Health Literacy is an understanding of mental wellness and illness. It is knowing how to promote positive mental health and how to prevent mental illness. By increasing knowledge about mental wellness and illness, we reduce stigma and strengthen our own mental health and that of those around us.
- The strategy is guided by several influential studies (including longitudinal meta-analysis studies) that concretely detail the connection between positive student mental health and an increase in academic abilities (particularly numeracy & literacy).

## Healthy Minds Workshop Database: 2016 – 2017

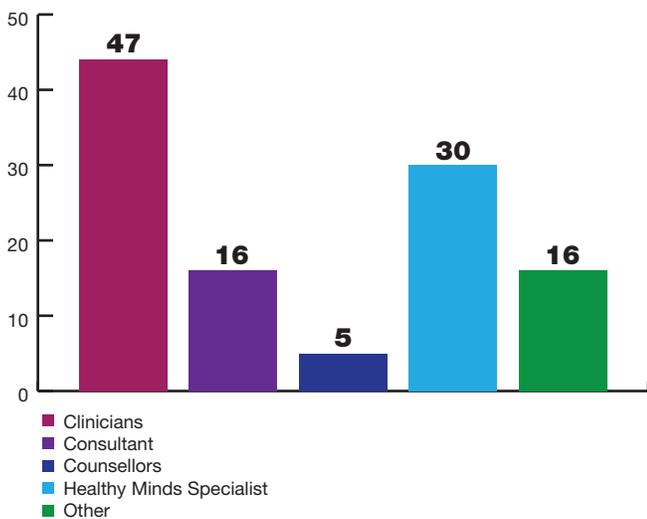
**Total Sessions:** 93      **Number of Participants:** 3784

**Average audience size:** 41

### Audience: (sessions attended by staff category)

- **Teachers:** 61
- **Principals:** 31
- **EAs:** 46
- **Clerical Staff/clerk:** 21
- **Support staff:** 21
- **Clinicians:** 19
- **Counsellors:** 25
- **Custodians:** 11
- **Other:** 16 (Community Support Workers, Intercultural Support Workers, university students)
- **WSD staff (non-school based staff):** 11

### Facilitators:



There was a requirement for all schools to have completed an MHL workshop by June 2018. All 78 schools completed this task by June 2017.

# Summary:

- A number of consistent themes emerged:
  - The work has begun on addressing division staff needs at all 3 Tiers, from promoting mental health and wellness to supporting staff who are languishing and in need of more specific and targeted interventions. This should be high priority for 2017-2018.
  - The approach of using MHL proved to be a powerful strategy for starting the conversation about mental health and wellness in a safe and productive way. It has contributed to the reduction of stigma and promoted planning in a way that respects the specific needs of participating schools.
  - Mindfulness continues to be a powerful tool for promoting mental health and wellness for staff and students and offers a meaningful starting point for many staff for Healthy Minds. There is a need to continue the focus and efforts to promote and implement activities and programs that embed mindfulness in schools and departments and to link mindfulness to Healthy Minds.
  - Schools have a wide range of resources, starting with the Manitoba Education and Training K-Gr. 12, PE/Health Education curriculum, to promote social / emotional learning as well as mental health and wellness in schools, and are doing so; there is need to intensify the focus and efforts on scanning the work being done in schools and sharing it within the division.

## Overall Plan for 2017-2018:

- The focus on “putting on your own oxygen mask first” for WSD staff is consistent with the idea that students benefit when the adults in their world are knowledgeable about promoting mental health and wellness for themselves and those around.
- Bringing MHL to all non-school WSD staff continues to be a priority focus. In addition, to further go in depth with specific MHL topics, a Healthy Minds Learning Series is being created for 2017-2018 (NSSI/ Suicide, Trauma Informed, and Anxiety/Stress).
- Committee work will move toward specific project based planning groups in fall 2017.

# Mental Health Committee

## Working Group Activities 2016 – 2017

### I. Programming and Support.

**Goal: The necessary training, resources and services will be developed, implemented and maintained to promote and support mental wellness for staff and students.**

#### **Actions in 2016-2017:**

- Mental Health Literacy training provided at all 78 schools. Training continues to be offered at various non- school site departments throughout WSD.
- Healthy Minds Specialist role filled to increase WSD-wide awareness around MHL and related topics.
- Expanded MHL knowledge through focused professional development strategies:
  - o Coping strategies
  - o Self-regulation
  - o MHL refresher
  - o Introduction to Mindfulness to embed into the classroom
- Recommendations from Manitoba Centre for Health Policy's report "The Mental Health of Manitoba's Children" reviewed; comprehensive report produced on current WSD strategies and practices that align with the report recommendations.
- Healthy Minds Week (May 1 to 8, 2017)
  - o Gallery Walk Display
  - o Various staff, student and parent Mental Health presentations
  - o Launch of Orange Daisy Project: Mental Health Curriculum
  - o Friendship Bench Cross Canada Tour

#### **Plan for 2017-2018:**

- MHL training for new staff.
- Healthy Minds Learning Series for all staff (topics include anxiety/stress, self-harm, and trauma informed classrooms).
- Intro to Mindfulness training sessions
- Mindfulness Based Stress Reduction as an extension of mindfulness work.
- Student Services (Counsellors/CSS) connect with Aboriginal Education Team to offer Journey's Training for clinical and counselling staff. Butterfly Lodge Teachings – resiliency and reduction of sexual exploitation programming for six pilot schools in WSD (junior and senior high).
- Healthy Minds Week divisional event April 30 to May 5, 2018.
- Continue with Inclusion Across the Rainbow workshop for all new staff.

### II. Partnerships.

**Goal: WSD will draw on its strong partnerships with student, families, staff and community agencies, while coordinating and accessing supports and resources that will continue to grow over time.**

#### **Actions in 2016-2017:**

- Canadian Mental Health Association (CMHA)
  - Thrival, a mental health literacy and wellness promotion pilot in five schools Grades 4 to 6.
- CMHA – MILE 5, a mental illness literacy education five day pilot in five schools Grades 7 and 9.
- Calm in the Storm digital stress management tool embedded for non-school sites.
- Partnership development:
  - o WRHA (Pan-Canadian Consortium, Well Aware, Positive Mental Health Took Kit)
  - o Klinik
  - o Balance/Manitoba Teachers Society
  - o Orange Daisy Project

#### **Plan for 2017-2018:**

- Distribute WRHA Positive Mental Health Took Kit to schools.
- Address comprehensive approach to connect existing programs to curricular outcomes, identifying gaps and seeking actions.
- Develop a WSD Healthy Minds Fact Sheet.
- Share Comprehensive School Health Model/Online Mental Health Toolkit.



### III. Data.

**Goal: WSD will gather information and build the foundation of a continuum of services responsive to the needs of students, families and staff.**

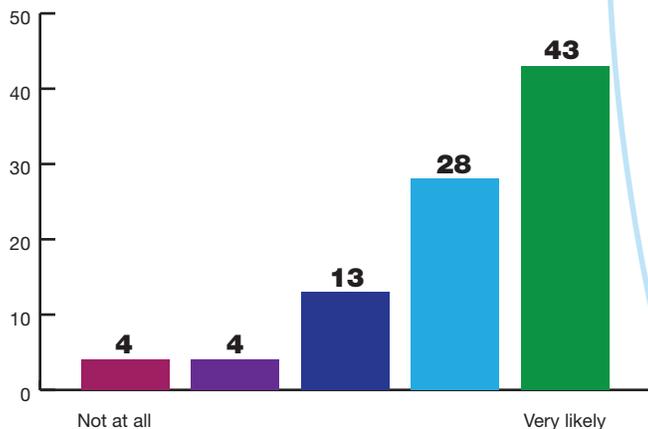
#### **Actions in 2016-2017:**

- MHL database created and utilized to capture number and type of activities promoting mental health and wellness in WSD.
- Process established to review school-based strategies for student mental health and wellness. (Source: School reports)
- Exit slips from MHL training sessions collected measuring impact of sessions (5-point scale). Majority of participants indicated increased knowledge and skills related to MHL and their intent to use skills from the workshop. (see graph below)

#### **Intention to use skills from workshop: Mental Health Literacy**

Distribution of response

Total: 92 responses



#### **Plan for 2017-2018:**

- Continue to capture number and type of activities promoting mental health and wellness.
- Determine next steps and recommendations on the impact of school-based mental health and wellness strategies. (Source: School reports)

### IV. Non-School Sites.

**Goal: Ensure staff employed at non-school sites receive the necessary training, resources and services to promote and support their mental wellness and understanding of WSD Healthy Minds.**

#### **Actions in 2016-2017:**

- WSD Employee Assistance Program launched in June 2017 for all employee groups, excluding teachers who currently have EAP through MTS.
- MHL training provided for all non-school sites. Groups included Transportation, Custodial, Administration and Support.
- Healthy Minds Week 2017 included non-school sites. Activities included gratitude boards, complementary beverages and individual site activities.

#### **Plan for 2017-2018:**

- Design future presentations for non-school sites based on 2016/2017 participant feedback.
- Continue Healthy Minds Week involvement of non-school sites.
- Support EAP implementation and communication.



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