

"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. [More specifically] mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community" (World Health Organization)

Mental Health is "the capacity of each and all of us to feel, think, and act in ways that enhance our ability to enjoy life and deal with the challenges we face. It is a positive sense of emotional and spiritual well-being that respects the importance of culture, equity, social justice, interconnections and personal dignity."

Mental Health Programming

Improving information and education with regards to Mental Health is a key component of our Healthy Schools Initiative. In order to best facilitate a district wide approach to confronting this ongoing issue and to ensure the greatest reach, we have adopted multi-tiered systems of support focused on these three specific areas: information and professional development for staff, education and strategies for students, and support and care for families.

Information and Professional Development for Staff:

- Mental Health First Aid Training: School and district staff are trained by our own trainers using materials from the Canadian Mental Health Commission. For more information contact Coralee Curby (curby_cora@surreyschools.ca)
- Teen Mental Health Training: School Staff are trained in using the School Mental Health Curriculum and infusing it into their teaching practice. <http://teenmentalhealth.org>. For more information contact Daniel To (to_d@surreyschools.ca)
- District wide training on Professional Development days. We plan on offering 2 sessions in the first half the school year, and another 4 in the second half of the school year with a continued focus on trauma/ history informed practice and equipping district staff on mental health strategies for students, families and themselves.
- We have an ongoing partnership with Fraser Health and Child Youth Mental Health to run information sessions in schools and school zones open to families and staff with regards to healthy living, mental health, and mental health awareness. We will be reaching out to schools in each zone but schools can also contact Daniel To (to_d@surreyschools.ca) if they are interest in these sessions.
- On the 3rd Wednesday of every month, we will be broadcasting a 40 minutes Mental Health and Wellness Pro-D session from 3:15pm – 3:55pm on the district Mental Health Youtube Channel. Look for the links in the weekly memo.
- Surrey Schools has a Mental Health Webpage that hosts a plethora of resources for staff, students and families. <https://surreyschools.ca/mentalhealth>
- Surrey Schools also has a Mental Health Youtube Channel: <https://www.youtube.com/channel/UCn0uB2Hq7UIIBIzQNf0J4w>
- Surrey Schools Internal Mental Health Pro-D Links <https://web.microsoftstream.com/channel/6408449c-a618-4d43-a650-1d207f662a27> and <https://web.microsoftstream.com/channel/4497881f-2e03-4588-95af-db100ba27890> (you need your district log in for this). There are also student sessions available at these links.

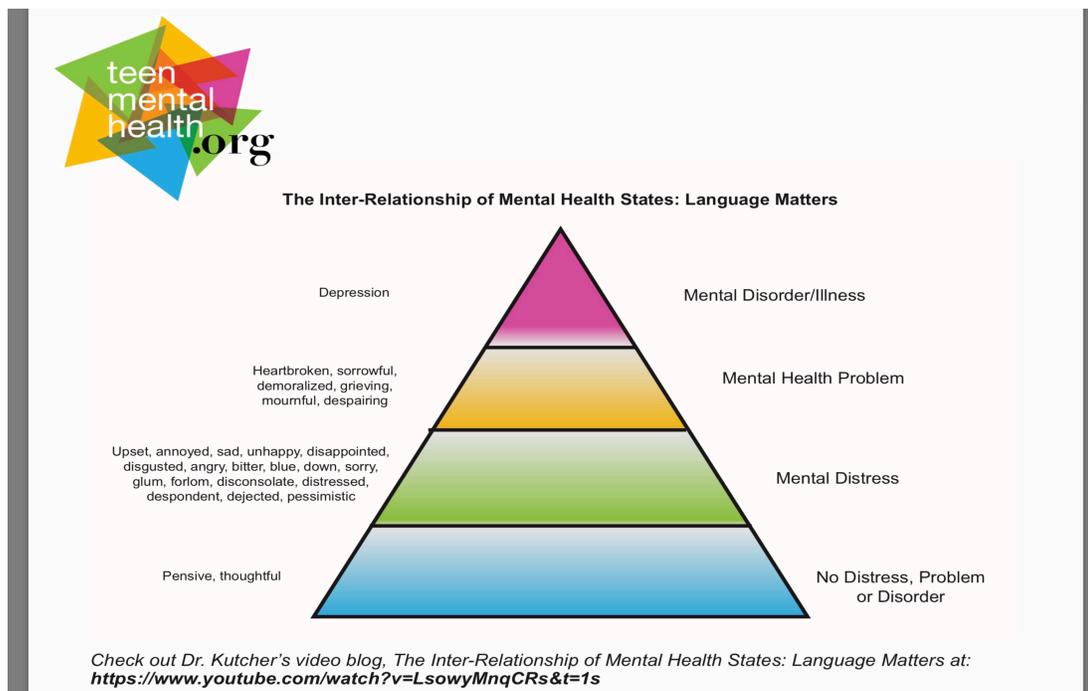
Education and Strategies for Students

- Schools are encouraged to engage in the work of the Stigma Free Society which supports awareness, understanding and acceptance – focusing on mental health. <https://stigmafreesociety.com>. The district has access to their tool kits. For more information, please contact Daniel To (to_d@surreyschools.ca).
- District sponsors the Balancing Our Minds Mental Health Conference for students – focusing on students from grades 5 – 12. We will once again be hosting a live and digital conference during mental health week in May 2022...all week long!
- The district will sponsor mental health and wellness initiatives in secondary schools. Please contact Daniel To (to_d@surreyschools.ca) for more information.
- The district will sponsor mental health and wellness initiatives in elementary schools. Please contact Daniel To (to_d@surreyschools.ca) for more information.
- We have a continued collaboration with Fraser Health and Child Youth Mental Health to run school-based programs to support student mental health such as: CDTOP Program, HOPE Programs within Secondary Schools, specialized alternate programs to support students with mental health issues.
- Cre8 Art and Music Therapy continues to take referrals from school based staff to serve students who can utilize these two resources. Please contact Coralee Curby (curby_cora@surreyschools.ca) or Swetha Ranasuriya (ranasuriya_s@surreyschools.ca)
- Partnering with the YMCA on their Teen Mindfulness Program for Anxious Youth Project and offering it in 7 Secondary Schools. If your school is interested, please contact Daniel To (to_d@surreyschools.ca).
- Continued work within our indigenous community in providing mental health and wellness supports to indigenous youth in our school communities.

- Two HUB Outreach Pilots in South Surrey and Cloverdale with the focus of reaching out to students with attendance issues and helping them find their way back to a more fulsome participation in the school community. For more information, please contact Daniel To (to_d@surreyschools.ca).
- Two Early Intervention Mental Health Pilots are still happening with the Clayton Heights Feeder Schools (located at Katzie Elementary) and Kwantlen Park Feeder Schools (located at KB Woodward). For more information, please contact Daniel To (to_d@surreyschools.ca).

Support and Care for Families

- This year, we will be offering after school/ evening information sessions on mental health and physical health issues that affect mental health. To find out more, please contact Daniel To (to_d@surreyschools.ca).
- Through a partnership with Child Youth Mental Health and the Doctors of BC Child and Youth/Substance Use Collaborative Local Action Teams, created a mental health prescription pad for each zone that schools can give students and parents suggestions of where to seek out mental health support and support them through that process.
- We continue to support indigenous families with resources and materials with regards to mental health and physical wellness via our Aboriginal Education Department and our Healthy Schools Initiative.
- Surrey/White Rock Integrated Youth Collaborative that we are sitting on right now (Foundry model)
- We continue to examine economic, food and, sometimes even home security issues, how they hinder education, and what we can do to support families: all to facilitate a more edifying educational experience for students.



Remember – Mental Health is part of health overall and, just like physical health, fluctuates on the spectrum of healthy to unhealthy

Key Contacts:

Daniel To, District Principal
Education Services | Specialty Programs

778.772.4992
to_d@surreyschools.ca

Coralee Curby, School Psychologist
Student Support | Education Services

curby_cora@surreyschools.ca