

Mental Health Strategy Targets for 2018/2019

The Strait Regional Centre for Education's Educational Business Plan for 2018-19 includes the following goal and priority:

Goal: To strengthen safe and inclusive school environments.

Priority 1: Continue to support positive mental health and pro-social skills development across all grades for all students in the Strait Regional School Board.

To support the achievement of this goal, and priority, the following targets have been identified:

Target 1: **Promote** the skills, attitudes, knowledge and habits that develop and nurture positive mental health.

Target 2: Provide **preventative** initiatives and services designed to build skills and reduce risk factors in students.

Target 3: Facilitate **interventions** that support students to, from and through mental health care.

Multi-tiered System of Supports

The Role of School and School Districts

Figure 1.

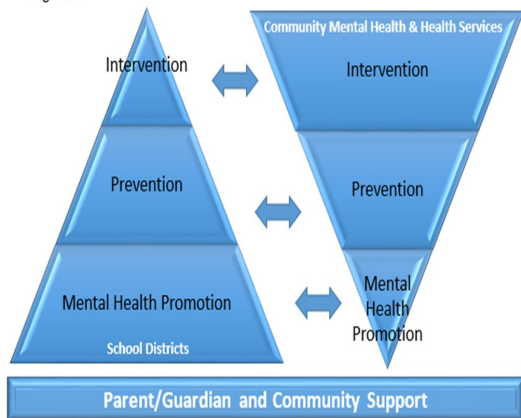


Figure 1 taken from System Leadership in School Mental Health. CASSA Discussion Paper. 2017. Kathy H Short, Cindy Finn, H. Bruce Ferguson

Mental Health Literacy

What Do These Words Mean?



There is a **HUGE** difference between the normal ups and downs of life and a mental disorder. Clarity of language is important!

Examples of words that can be used to demonstrate the continuum of mental health states:

- ◆ **Mental Distress** may be described as feeling apprehensive, concerned or uneasy.
- ◆ **Mental Problems** may be described as feeling worried, disquieted or perturbed.
- ◆ Anxiety is an example of a **Mental Disorder/Illness**. We can feel anxious, but saying we have anxiety means that we have been diagnosed by a medical doctor and have a mental illness/disorder.

Good mental health does not mean feeling happy all the time. Being able to cope with the normal stressors of everyday life helps build resiliency and is a sign of good mental health.

Use the right words ... It matters!!

<https://ubcxonline.exl.ubc.ca>



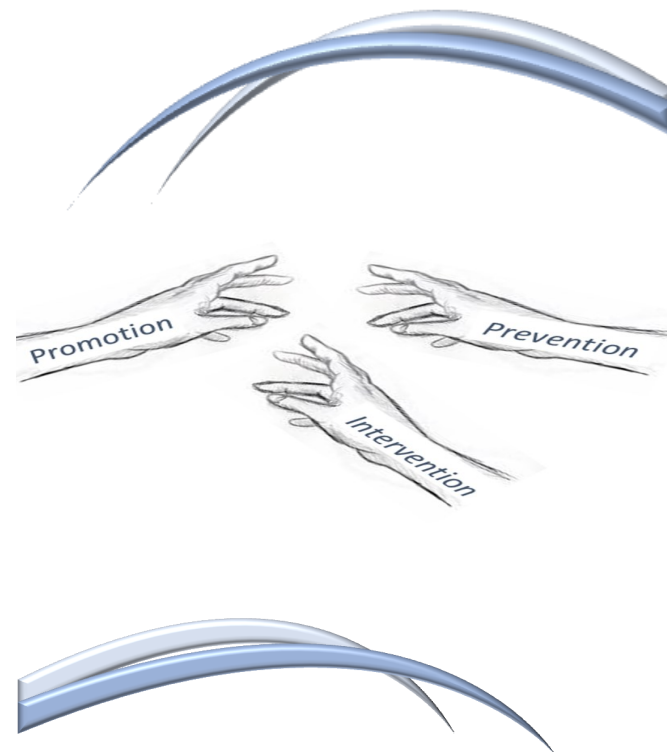
Strait

Regional Centre for Education

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MENTAL HEALTH RESOURCES AND SERVICES

MENTAL HEALTH STRATEGY 2018/2019



Strait Regional Centre for Education
304 Pitt Street, Unit 2
Port Hawkesbury, NS B9A 2T9
902-625-2191 / 1-800-650-4448
902-625-2281 (fax)
www.srce.ca
Follow SRCE on Twitter @SRCE_NS

Programs and Services

Nova Scotia Mental Health Crisis Line (toll free):
1-888-429-8167

Kids Help Phone: 1-800-668-6868
<https://kidshelpphone.ca/>

Native Youth Crisis Hotline: 1-877-209-1266

Cyber Scan: 1-855-702-8324 (toll free)
<http://cyberscan.novascotia.ca/>

SRCE Resources

Child and Youth Care Practitioner (CYCP)
Guidance Counsellors
Go - To Trained Staff
School Psychologists
SchoolsPlus
Mental Health Clinicians (SPMHC)
Youth Health Centres
Student Services
SRCE Incident Response Manual

St Martha's Regional Hospital, Child and Adolescent Mental Health: 902-867-4500 Ext. 4760

Hospitals and Community Health Centres:

Cape Breton Regional: 902-567-8000
Eastern Memorial (Canso): 902-366-2794
Guysborough Memorial: 902-533-3702
Inverness Consolidated Memorial: 902-258-2100
Mens' Health Centre (Antigonish): 902-863-2358
Paq'tnkek Health Centre: 902-386-2048
Potlotek Health Centre: 902-535-3317
St Martha's Regional (Antigonish): 902-867-4500
St. Mary's Memorial (Sherbrooke): 902-522-2882
Strait Richmond: 902-625-3100
Victoria County Memorial (Baddeck): 902-295-2112
Sacred Heart CHC (Cheticamp): 902-224-1500
Waycobah Family Healing Centre: 902-756-3441

Community Services:

902-625-0660 (Port Hawkesbury)
902-863-3213 (Antigonish)
902-533-4007 (Guysborough/Canso)
After hours: 1-866-922-2434

Programs and Services

Family Services:

902-625-5142 (Port Hawkesbury)
902-863-2358 (Antigonish)
Toll free: 1-866-330-5952

Mi'kmaw Family and Children's Services

Mainland: 1-800-263-8686
Cape Breton: 1-800-263-8300

Addictions Services:

Port Hawkesbury: 902-625-2363
Antigonish: 902-867-4500 Ext. 4600
Strait Richmond: (alcohol) 902-625-3230
Al-anon: 1-888-425-2666

Antigonish Women's Resource Centre: 902-863-6221

Sexual Assault Nurse Examiner (SANE) Program:
1 877-880-SANE(7263)

The Naomi Society: 902 863-3807
Crisis Line: 1-888-831-0330

Big Brothers and Big Sisters:

Antigonish: 902-863-5332

Youth Outreach Services (Antigonish,

Guysborough and Pictou Counties) (ages 16-19)
Office: 902-752- 6260 Cell:902-931-1002

Strongest Families Institute: 1-866-470-7111

RCMP: Emergency – 911

Antigonish: 902-863-6500
Arichat: 902-226-2533
Baddeck: 902-295-2350
Canso: 902-366-2440
Cheticamp: 902-224-2050
Guysborough: 902-533-3801
Inverness: 902-258-2213
Port Hawkesbury: 902-625-2220
Sherbrooke: 902-522-2200
St. Peter's: 902-535-2002
Wagmatcook 902-295-2350
Waycobah 902-756-3371

Online Resources

211 resource: <http://ns.211.ca/>

[*ABCs of Mental Health*](#)

[*About Kids Health*](#)

[*Centre for Addiction and Mental Health*](#)

[*Centre of Excellence for Mental Health*](#)

<http://antibullying.novascotia.ca/>

[*jack.org*](#)

[*Joint Consortium for School Health Youth Engage ment Toolkit*](#)

[*Kids Help Phone*](#)

[*MindyourMind*](#)

[*Positive Mental Health Toolkit*](#)

[*School Mental Health ASSIST*](#)

[*Social and Emotional Learning Resource Finder*](#)

[*Teach Resiliency*](#)

[*TeenMentalHealth.org*](#)

[*The New Mentality*](#)

[*Youth Mental Health Champion Toolkit*](#)

Additional Resources

Trauma Informed Care <http://yourexperiencesmatter.com/>

Tedtalk – on stress <http://athingnamed.com/best-ted-talks-on-anxiety-stress-and-fear/>

Joint Consortium for School Health <http://www.jcsh-cces.ca/> (Available in French and English)

Dr. Alexa Bagnell on anxiety -

<http://youtu.be/hrb9oCM5N4Y>

Bullying <http://www.prevnet.ca/>

<http://www.mentalhealthcommission.ca>

Dr. John LeBlanc's SEL and Bullying Prevention Toolkits <https://sites.google.com/site/cpscatlantic/>

Worry Wise Kids –

<http://www.worrywisekids.org/node/40>

The Youth Project (LGBTQ)- <http://youthproject.ns.ca/>

Health Promoting Schools: <https://nshps.ca/>

Supporting Survivors of Sexual Violence Training - <https://nscs.learnridge.com/>