

SD 10 Mental Health Framework:

- Creates alignment with the Board's Strategic Plan and Ministry Priorities
- Provides structure and process for targeted mental health funding from the Ministry
- Develops accountability, capacity building, and long-term sustainability
- Allow for reflective and informed practice and qualitative/quantitative data collection to ensure we are making a difference

Goal 1: Compassion and Acceptance – Creating and Maintaining an Inclusive Learning Environment

- Continuing to create a physically and psychologically safe and inviting culture and climate for staff, students, families and community
- Recognize the value and worth that diversity adds to communities
- Supporting a foundation of positive mental health through understanding and implementing Social Emotional Learning

Goal 2: Mental and Physical Health Literacy

- Develop and use a common language to enhance understanding and consistency in the use of terms and definitions related to SEL, mental and physical health and mental illness
- Develop a common understanding around trauma and adverse childhood experiences
- Engage students, staff, families and community in the promotion of all aspects of health.

SD10 Mental Health Framework Strategies:

- Training
- Educational Resources
- Hands-on Materials
- Experiential Learning opportunities



- R**ecognizing emotions in self and others
- U**nderstanding the causes and consequences of emotions
- L**abeling emotions accurately
- E**xpressing emotions appropriately
- R**egulating emotions effectively



Connected to
Learning...

CORE COMPETENCIES

COMMUNICATION

C

1. Share and develop ideas
2. Obtain, interpret, and present information
3. Work together to plan, carry out, and review tasks and activities
4. Describe/recall and reflect on experiences and what one can do

CREATIVE THINKING

T

1. Novelty and value
2. Generating ideas
3. Developing Ideas

CRITICAL THINKING

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1. Analyze and critique
2. Question and investigate
3. Develop and design

POSITIVE PERSONAL & CULTURAL IDENTITY

PS

1. Relationships and cultural contexts
2. Personal values and choice
3. Personal strengths and abilities

PERSONAL AWARENESS & RESPONSIBILITY

PS

1. Self-determination
2. Self-regulation
3. Well-being

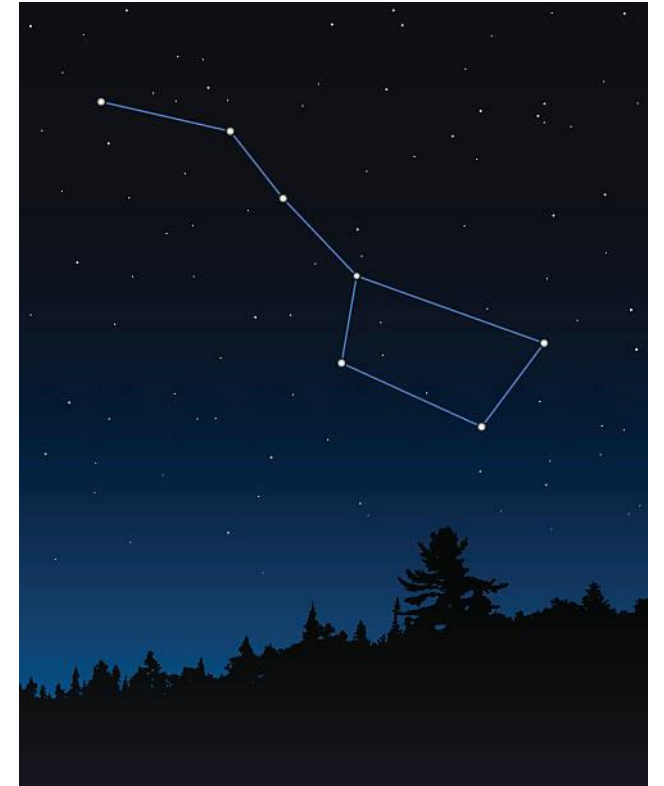
SOCIAL RESPONSIBILITY

PS

1. Contributing to community and caring for the environment
2. Solving problems in peaceful ways
3. Valuing diversity
4. Building relationships.

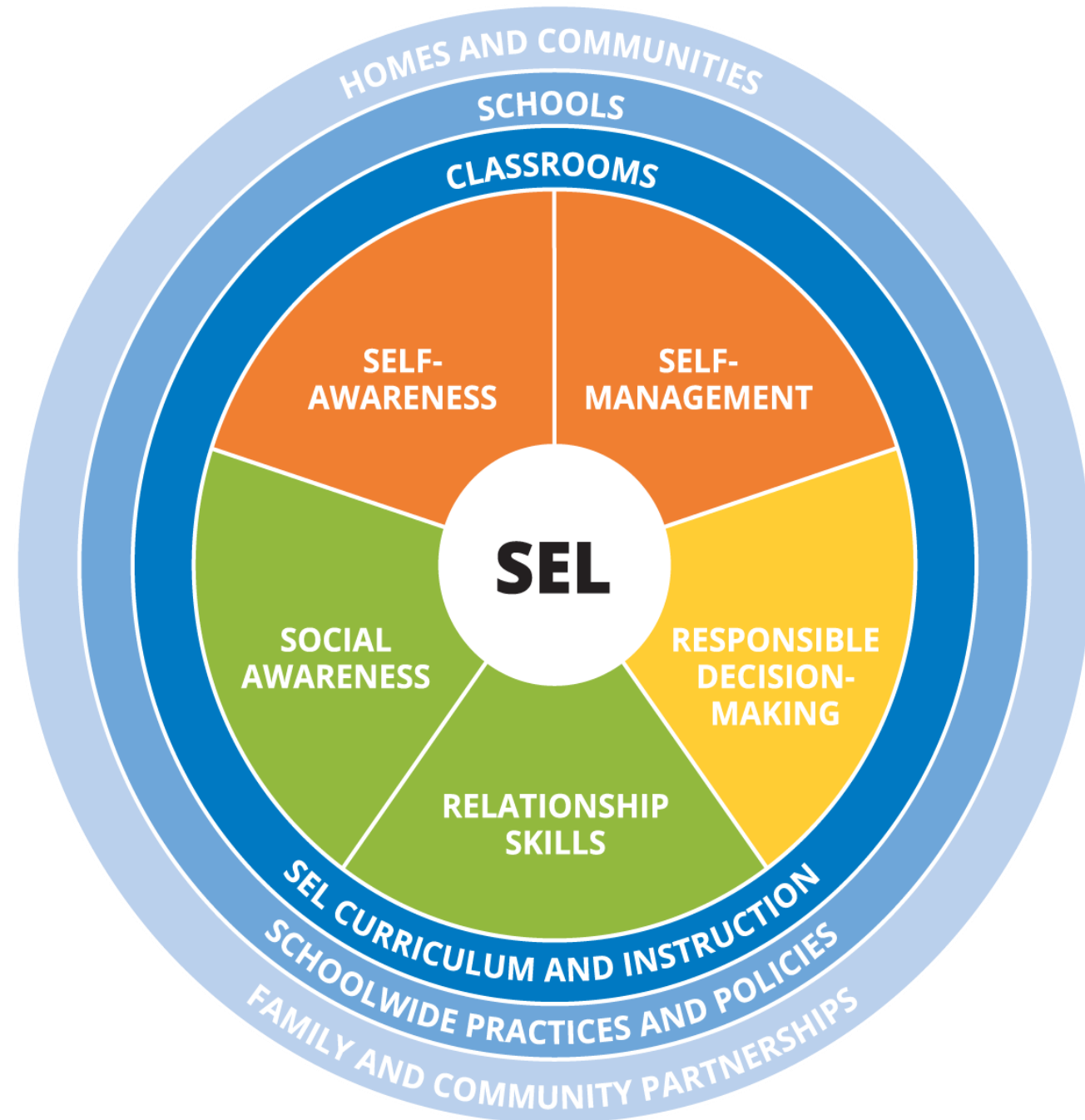
Mental Health Through an Indigenous Lens

- Big dipper - 7 stars aligns with 7 sacred teachings on well-being
 - **Love:** how do I weave love into my actions and service?
 - **Respect:** how do we create a reciprocal environment?
 - **Courage:** act of bravery (Latin: Haro “Hero” = heart) acting with our heart – being vulnerable
 - **Honesty:** being open, take feedback
 - **Truth:** speaking the truth
 - **Wisdom:** acknowledge kids are wise
 - **Humility:** no ego

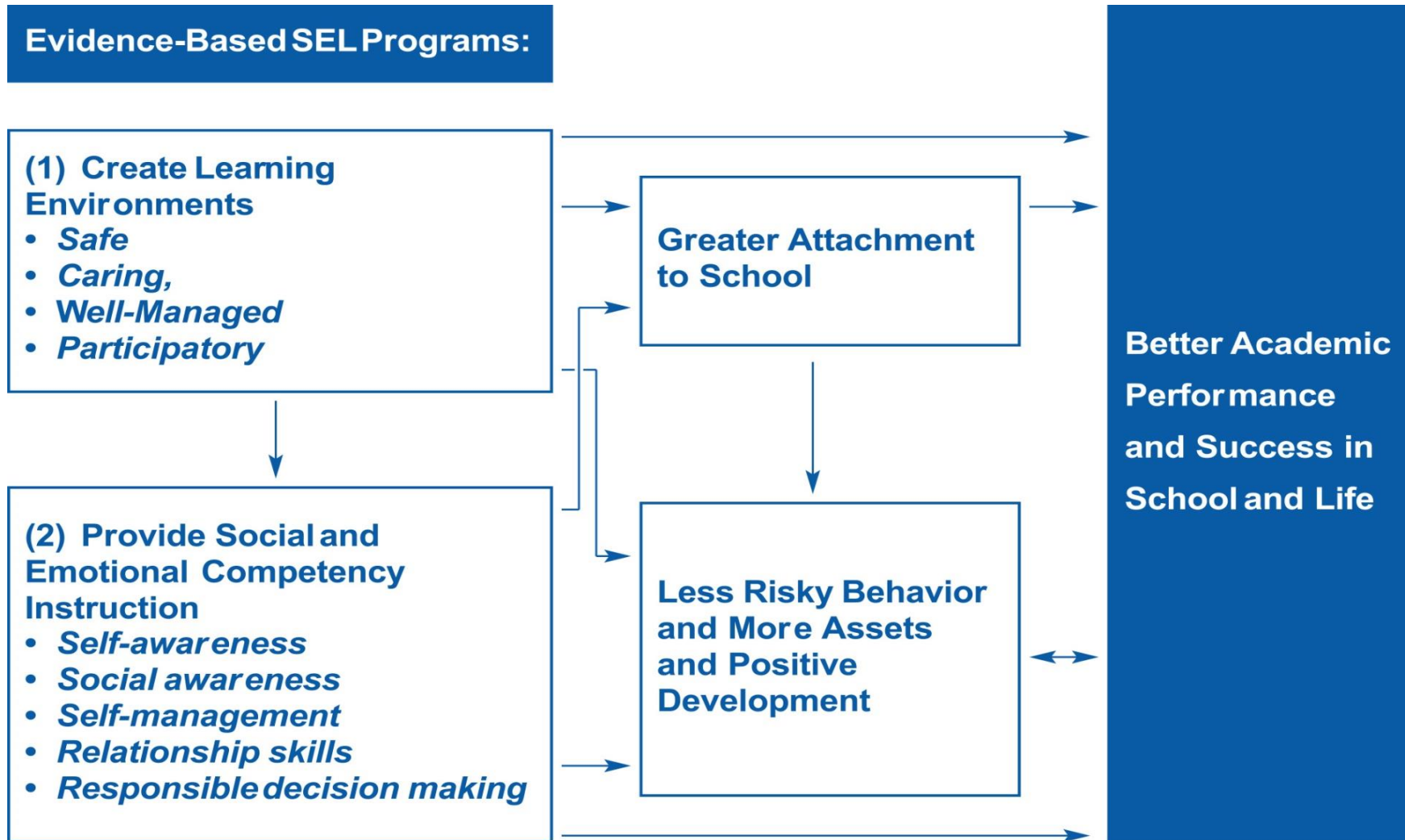


What is SEL ?

Social and emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions

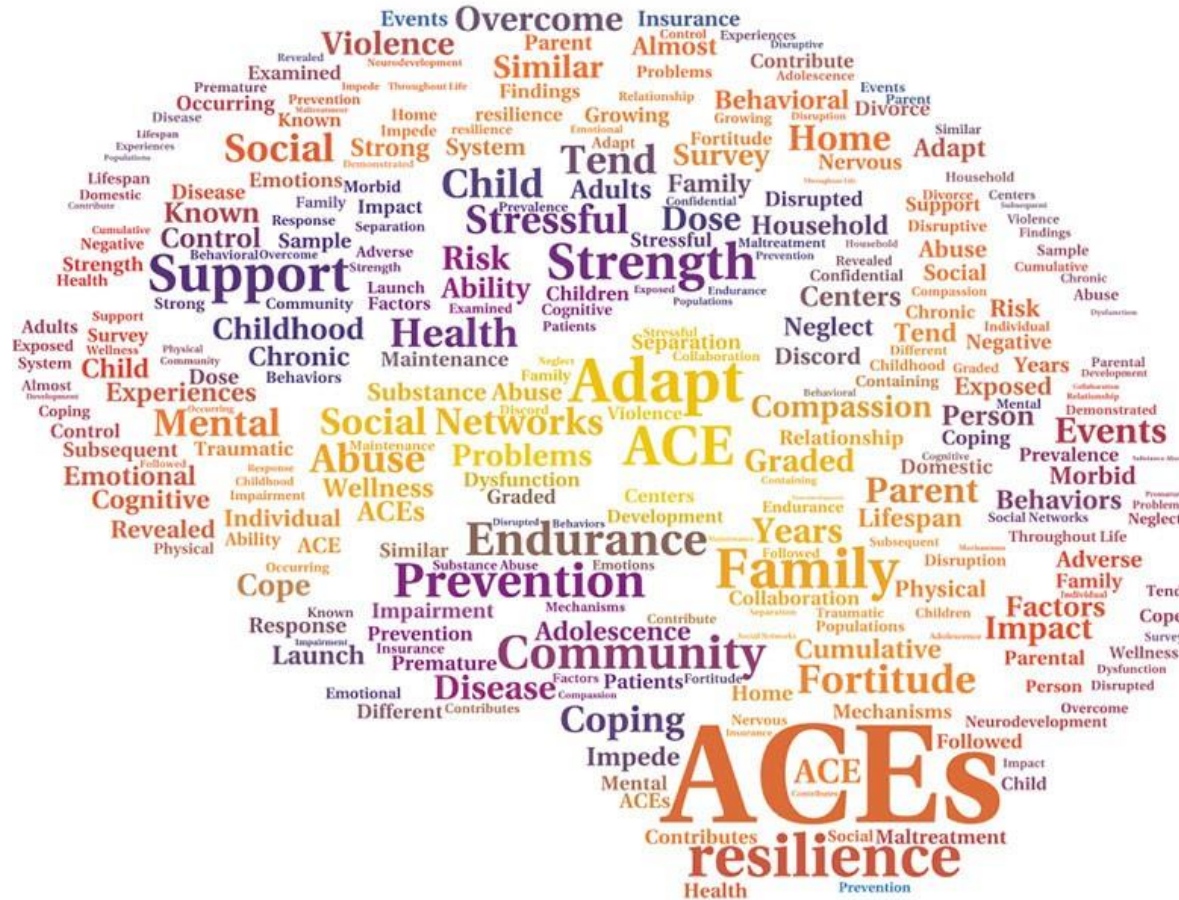


The Process of SEL



Trauma Informed Practice

Developing a greater understanding how Adverse Childhood Experiences (ACE's) impact learning, wellbeing and mental health.



Self Care and Wellbeing



SD10's
commitment
to mental
health helps
build a
Healthy
Community!

