

teachresi!ency

Mental Health and Wellbeing in the Schools



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Advocate for and advance quality health and physical education opportunities in school-communities and increase awareness of the relationship between health and education and the importance of learning environments that focus on an inclusive, whole child approach.

We strive for a future wherein all children and youth in Canada are living healthy, physically active lives.

Overview

- Research and Rationale
- Our Goals and Guiding Principles for Teach Resiliency
- Research to Practice: Building Teach Resiliency
- Experiencing and Exploring Teach Resiliency
- Share2Care: Mental Health Activation Initiatives
- Teach Resiliency Education Series

Research and Rationale

In 2012, PHE Canada in partnership with Western University initiated research to examine child and youth mental health in Canadian schools.

Our research included:

- **A survey of teacher education about mental health in Canada**
- **A national survey on teacher mental health in Canada**
- **A detailed evaluation of programs that target general student well-being and specific mental health issues**

Stress and Resilience in Education

Students

- One in five children in Canada under the age of 18 suffers from at least one mental health problem or illness, and many more are ‘flying under the radar’ (Flett & Hewitt, 2013).
- 14% of youth who drop out of school name mental health issues as a key factor
- Children with issues surrounding mental health are absent 40% more school days
- Feelings of mental health issues are connected with underachievement
- Risk rises for children from Indigenous populations & in adverse conditions.

Stress and Resilience in Education

Teachers

- 42% of new teachers will leave their profession within 5 years of induction, and rising (Perda, 2013; Ingersoll & Merrill, 2013).
- 93% of Canadian teachers are stressed by lack of work-life balance (CTF, 2014)
- The leading condition (40%) for long term disability for Ontario teachers is mental illness
- Healthy teachers miss less work and are more 'present'
- Direct links have been established between emotional exhaustion and student outcomes (Arens & Morin, 2016; Eberle & Schonert-Reichl, 2016).

Stress and Resilience in Education

Teachers

- Report feeling ill-equipped to manage and cope with the mental health needs of their students (Rodger et al. 2014)
- 50% experienced decrease in autonomy in the last 5 years, and 93% experience stress in work-life balance (CTF, 2014)
- There is a direct association between teachers' level of emotional exhaustion (burnout) and student outcomes including stress levels, grades, scores on standardized achievement test scores, and perceptions of teacher support (Eberle & Shoenert-Reichl, 2016; Arens & Morin, 2016).

What is it about *teaching*?

- *in loco parentis*
- Gaps in initial teacher education
- “getting summers off” and other popular myths
- Feminized and de-professionalized
- Highly competitive job market
- Balancing all components: the self, workplace, school community, pedagogy and policy

Goals of Teach Resiliency

1. Develop, enhance, and support mental health literacy for students.
2. Provide direction and suggestions for evidence-based practices.
3. Engage teachers and mental health professionals in developing a community of practice.
4. Offer effective and practical strategies to support resiliency and wellness.
5. Offer support to teachers who may be struggling with burnout, stress, fatigue, and feelings of isolation.

Guiding Principles for Teach Resiliency

- Built it *with* teachers and *for* teachers.
- Built on evidence: research evidence, promising practices, and context.
- Everyone's wellness matters: students, families, teachers, administrators.
- In order to teach well, teachers must be well.
- In order to learn well, students must be well.

Making it Work for Teachers

- Searchable
 - All in one place
 - Relevant
- Digestible
 - Quick tips and the option to look deeper
- Social

If you ever want to know what a teacher's mind feels like, imagine a web browser with 2,879 tabs open. All. The. Time.



som^{ee}cards
user card

How did we do it?

Design Studio:

- A 'workplace for designers engaged in conceiving, designing, and developing new projects'
- Co-development and co-production with those who live it

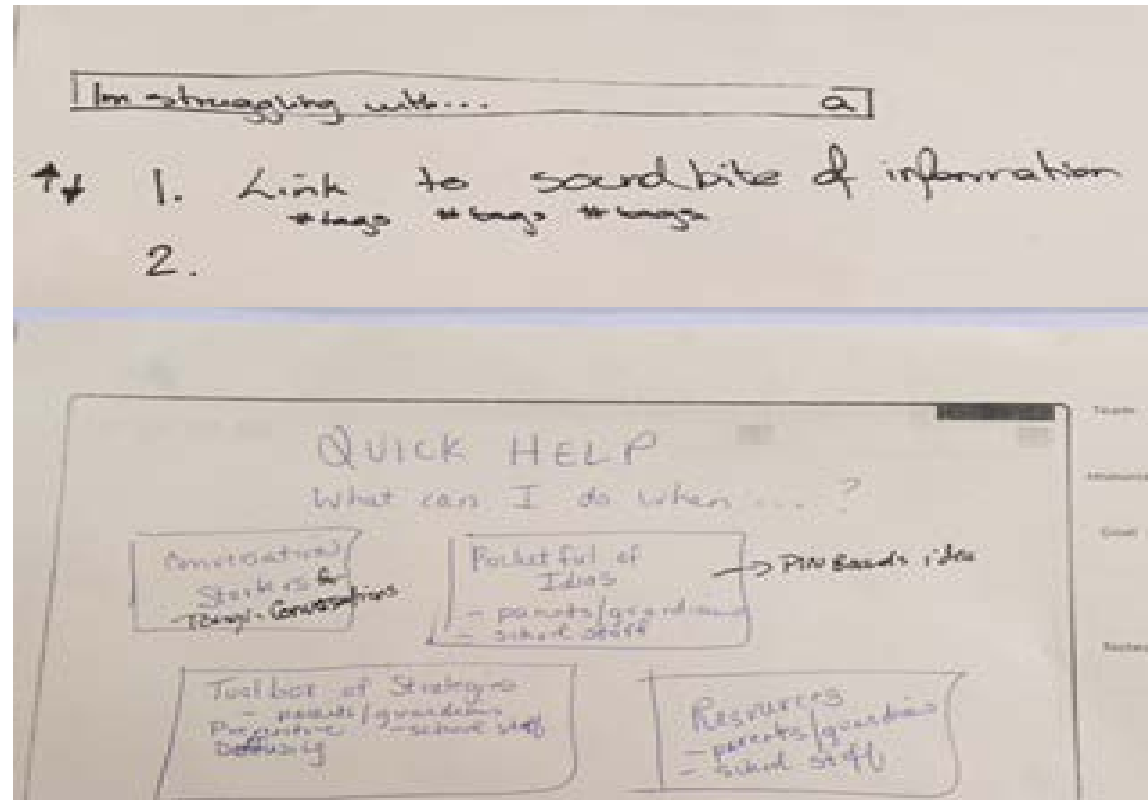


I Need Help With....

“I maybe have time for a top 10 tip list.”

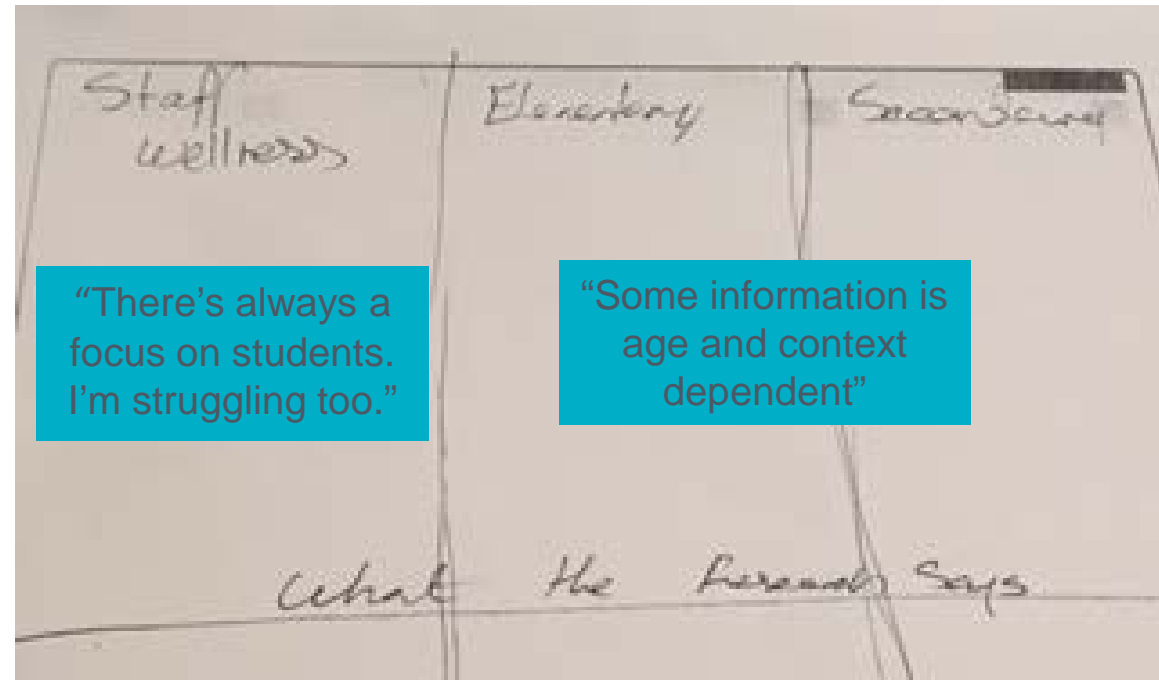
“Make it searchable by topics.”

“Balance quick helps with more in-depth information.”



The Content Educators Want

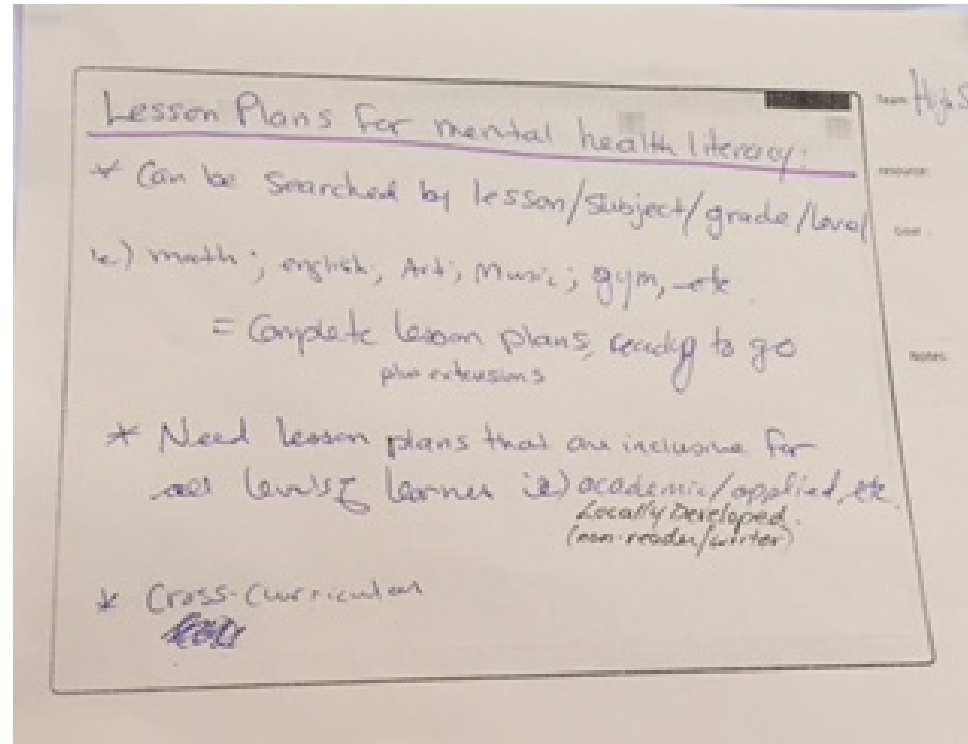
- A voice and a community
- Talking points (tough conversations, how to say you notice, how to talk to kids, teens, parents, professionals)
- Quick help and more info options
- “I need help with ” —menu with options (e.g. student conflict, anxiety, depression,)
- Links to existing tools (screening, decision-making and community resources)
- Evidence on school-based interventions



Lesson Plans

“Lesson plans have to be inclusive for academic levels and different provincial curriculums.”

“We need culturally responsive materials – I use the medicine wheel with my students.”



1. How to talk to parents about their child's mental health
2. The importance of asking for help
3. How to seek support from administration
4. How to manage behaviours in the classroom
5. You aren't alone!
6. Embrace humility
7. Stay true to yourself
8. How to reframe negative experiences
9. Take time for yourself
10. Set realistic goals for yourself
11. Be sensitive to a child's personal life

What did you wish you knew as a new teacher?

1 HOW TO TALK TO PARENTS ABOUT THEIR CHILD'S MENTAL HEALTH.
 ↳ if they are angry/upset
 ↳ Engage parents HOW TO
 ↳ Not answering

2 THE IMPORTANCE OF ASKING FOR HELP.
 ↳ What are my resources? How do I access?
 ↳ Build good relationships at work
 ↳ Have a plan for the discussion topic!

3 HOW TO SEEK SUPPORT FROM ADMINISTRATION

4 HOW TO MANAGE BEHAVIORS IN THE CLASSROOM.
 ↳ What to do w/ problem behaviors, who to go to for help?

5 YOU AREN'T ALONE!
 ↳ We're in this together!

6 EMBRACE HUMILITY
 ↳ Don't take things personally. The world's not on your shoulders.

7 STAY TRUE TO YOURSELF.
 ↳ Develop a course plan that feels good to you. Focus on your STRENGTHS

8 HOW TO REFRAME NEGATIVE EXPERIENCES
 ↳ YOUR KIDS ARE SO NOISY!!!
 ↳ NO! THEY'RE ENGAGED!
 ↳ Too much noise!
 ↳ when you're overwhelmed, change your perspective

9 TAKE TIME FOR YOURSELF.
 ↳ SELF CARE O'CLOCK

10 SET REALISTIC GOALS FOR YOURSELF.
 ↳ SUCCESS expectation
 ↳ SUCCESS REALITY

11 BE SENSITIVE TO A CHILD'S PERSONAL LIFE

Making the GRADE

Being Evidence Informed in Schools

An assessment of the quality of a body of evidence for 6 factors:

1. Within-study risk of bias (methodological quality)
2. Directness of evidence
3. Heterogeneity (any kind of variability among studies)
4. Precision of effect estimates
5. Risk of publication bias
6. Transferability

Child and youth mental health prevention, promotion, and early intervention (99 studies)

Teacher/workplace mental health prevention, promotion, and early intervention (54 studies)

Main Topics / Subjects

- Trauma
- Depression
- Anxiety
- Stress Reduction
- Mindfulness
- Emotional intelligence
- General psychological resilience & mental wellness

Teach Resiliency

Is about connecting:

- ✓ To practical, evidence-informed resources and tools that support mental health and wellness
- ✓ To new research
- ✓ To your peers—teachers, administrators, mental health professionals and researchers

Web Tour

Find resources

Search for tools and resources, compare classroom-and-school-based programs or explore curated resource collections.



Healthy spaces

Resources to help create healthy workplaces and health-promoting classrooms.



Promoting belonging

Resources that promote teacher and student inclusion and engagement.



Building resilience

Resources that help students and teachers face and overcome difficulties and move forward.



Mental health literacy

Resources that discuss the mental health needs of children in the context of the classroom.

Share2Care

224
Promising mental health practices

\$10,000
towards mental health initiatives

78
webinar participants

247
receiving recording

172,300
Children being Impacted

9,930
School Staff supported

73,181
Impressions

916
Active Engagement

Submissions from **10** provinces and **2** territories

DATE	2019-1-21	\$ 2,000
PAY TO THE ORDER OF PAYER À L'ORDRE DE	Knollwood Park Public School	
AMOUNT / MONTANT	two thousand dollars / deux mille dollars	

share2care teachresiliency enseignerlaresilience

PHE-EPS Canada the co-operators

What makes a quality mental health activation initiative?



Component
Rationale and Relevance
Action Plan
Learnings
Sustainability and Scalability
Inclusion
Scope



Coming soon! September 18, 2019

Center for Learning Alternatives



Prince George, BC

Ventures Program

- Tier 3 Alternative School
- 87% attendance rate over 62% for the entire school
- Youth Education & Empowerment: First Aid level 1, CORE, High-Five
- Registered Clinical Counsellor, Youth Care Worker

Churchill Community School



La Ronge, SK

Peer Support Volunteers

- Grade 7 -12, 550 students, 90% First Nations/Metis
- 1 -> 2 Social Worker
- 12 Students in peer support group, peer Selected
- Activities – Movie Nights, Dances, Kahoot Games
- Toques, student retreat (hiking, yoga, canoeing)

Knollwood Park Public School



London, ON

Kindergarten Outdoor Play

- Task oriented vs play oriented
- Outdoor exploration time = readiness to learn
- 1 hour of student led play following Anthem
- Readiness to Learn
- Clothing for all seasons of play in Canada



Don Mills Middle School



Toronto, ON

POD C.A.R.E

- Culture of Connection, communication
- First two periods – Community Circle
- Written reflection, role playing, brainstorming
- Class level, school level, societal level conversations
- Parental encouragement

New Germany Rural High School



New Germany, NS



phecanada.ca/programs/teach-resiliency

Proudly supported by  the co-operators



Title	Date
Share2Care – promising mental health initiatives for your school	Wednesday, June 5 4:00pm PT / 5:00pm MT / 6:00pm CT / 7:00pm ET / 8:00pm AT / 8:30pm NT
Developing a Culture of Mental Wellness in Your School Community	August
Teach Wellness	September
Pre-service Teacher’s Resiliency and Stress Management	October/November

teachresiliencyteam@uwo.ca

phecanada.ca/programs/teach-resiliency/home
eps-canada.ca/programmes/enseignez-la-resilience/accueil

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