

## Moving Toward a Strength-Based Approach

What can school staff do to support and encourage student resiliency?

### Resources:

The Edmonton Catholic School District Mental Health Strategic Plan provides opportunities to further develop your understanding of mental health and build awareness about tools and strategies to support all students' mental health.



### KEY UNDERSTANDINGS

- A strength-based approach shifts the focus from the prevention of problems to a proactive, positive, holistic approach of student development. It looks at the strengths of an individual and for opportunities, hope and solutions, rather than problems and hopelessness.
- Certain protective or risk factors positively or negatively affect one's ability to be resilient.
- Students need to learn how to adapt to change and we need to allow students to build their toolbox, so they will be more prepared to face adversity and change in various situations.
- One of the best tools in the development of resilience for children is the presence of a caring adult, someone who is there each day, welcoming, listening, and noticing. We need to provide challenges and opportunities to develop, grow, experience failure and success in an environment that is stable, safe and secure.
- Steps toward success can mean trying multiple times before reaching your goal.

### QUESTIONS FOR DISCUSSION

- How can we create an environment that promotes students focusing on their strengths and being hopeful?
- How can I be a role model and demonstrate skills of building resiliency?
- How can I encourage students to understand that adversity can be an opportunity to learn and grow?
- How can I assist students with building their toolbox to become more resilient?

### FOR MORE INFORMATION:

Visit ECSD SharePoint: Learning Services  
Innovation, Inclusive Education - Mental Health

<https://www.ecsd.mentalhealth>

Working Together to Support Mental Health in Our  
Schools

[http://education.alberta.ca/media/3576206/  
working\\_together\\_to\\_support\\_mental\\_health.pdf](http://education.alberta.ca/media/3576206/working_together_to_support_mental_health.pdf)

