

School Conversation Guide #1

Edmonton Catholic Schools Mental Health Strategic Plan

How can school staff support the mental health of their students?

Resources:

The Edmonton Catholic School District 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.

Go to Educator materials



Key Understandings:

- A well developed mental health strategic plan targets health promotion & prevention, early identification, early intervention, treatment and follow up.
- Alberta Education calls for evidence based frameworks, which support proactive strategies as part of a whole school approach in creating a welcoming, caring, respectful, safe learning environment.
- Alberta Health Services is a collaborative partner with school authorities in developing mental health initiatives.
- Edmonton Catholic Schools has chosen and provided evidence based resources to support student mental health.

Questions for discussion:

- How do we currently address mental health in our school?
- How can we further extend our school wide plan relative to mental health for our children?

For more information:

Visit ECSD SharePoint: Learning Services Innovation, Inclusive Education - Mental Health
<https://www.ecsd.mentalhealth>

Teen Mental Health
<http://teenmentalhealth.org/>

The Caregiver and Educator Series
<http://www.ercsd.ca>

MORE
Mental Health Online Resources for Educators
www.hmhc.ca

