



Ends Policy 4: To provide opportunities for staff to learn about mental health issues in children and youth and to promote school and District wide initiatives that promote mental fitness.

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New Brunswick Student Wellness Survey Grades 6-12

Indicator	ASD-S	NB
High and moderate levels of resilience	70%	71%
High level of school connectedness	92%	92%
High level of mental fitness	20%	22%
Moderate level of mental fitness	54%	55%

New Brunswick Student Wellness Survey

Grades 6-12

Indicator	ASD-S	NB
Mental fitness needs highly satisfied by school	53%	57%
Youth needing to see or talk to someone for a mental or emotional problem in the last 12 months	33%	30%
Youth in need who did not see or talk to someone about their mental or emotional problem	10%	9%

4.1 Goal: To provide opportunities for staff to learn about mental health issues.

Strategy: Provide professional learning for guidance staff to meet recommendations of EECD

- All school counsellors will receive the recommended two days of professional learning in counselling.
 - November 14th: counselling ethics.
 - February 13th: Solution-Focused Brief counselling (SFBT).
- All counsellors and guidance teachers are trained in Mental Health First Aid (MHFA), Violence Threat Risk Assessment (VTRA), and Applied Suicide Intervention and Skills Training (ASIST).

4.1 Goal: To provide opportunities for staff to learn about mental health issues.

Strategy: Train counseling leads to provide clinical supervision.

- Two school counselling leads providing coaching and supervision to school counsellors.
- All new counsellors and all guidance teachers receive coaching and supervision from these leads.

4.1 Goal: To provide opportunities for staff to learn about mental health issues.

Strategy: Expand “Mental Health First Aid” (MHFA) training to school based staff.

- Our target is 150 seats annually.
- We conducted one training during the summer.
- We will have three trainings this winter and spring.
- There will be an option for staff to take the training in the evening.

4.2 Goal: To support school and district initiatives that promote resilience.

Strategy: Expand district sponsored initiatives both nationally recognized and district developed.

- This year we reviewed the nationally recognized programs used at K-8 schools.
- The most commonly used programs at the elementary level are:
 - Zones of Regulation (37 of 42 schools, or 88%)
 - WITS (21 of 42 schools, or 50%)
 - Mind Up (15 of 42 schools, or 36%)
 - Rainbows, Roots of Empathy, & SuperFlex (each at 11 schools, or 26%)

4.2 Goal: To support school and district initiatives that promote resilience.

Strategy: Expand district sponsored initiatives both nationally recognized and district developed.

- The High School Mental Health Forum took place on December 12th. All high school participated and students at each school are involved in school initiatives to support mental health.
- The program to ensure graduating students are aware of community resources was piloted with three high schools last spring and will be expanded to six this spring. (FMHS, KVHS, RHS, SJHS, STM, & SSHS)

4.2 Goal: To support school and district initiatives that promote resilience.

Strategy: Promote positive education strategies/Celebrate.

- To date, 21 schools have had workshops on positive education, as well as all resource teachers, K-8 principals, and staff at the Compass Education Support Program.
- Schools are using incorporating elements of positive education into their practices. Next steps are to review clear positive education goals in School Improvement Plans.