



"Supporting Island children and their families to be the best they can be."

Geoff MacDonald

Program Lead

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Let's talk about:

- *Why we are doing this.*
- *Who we are.*
- *How we work.*
- *What does it mean for Students and families?*

SOCIAL CAPITALIZATION



- *The % of people in any group who are able to reach their potential .*

Mission:



“To empower strength, resilience and well-being in Island school-aged children and their families.”

MENTAL HEALTH



A state of emotional and social well-being to:

- Realize abilities
- Manage the normal stresses of life
- Work effectively
- Play a role in his or her community

(WHO, 1999)

OUR NEW APPROACH...

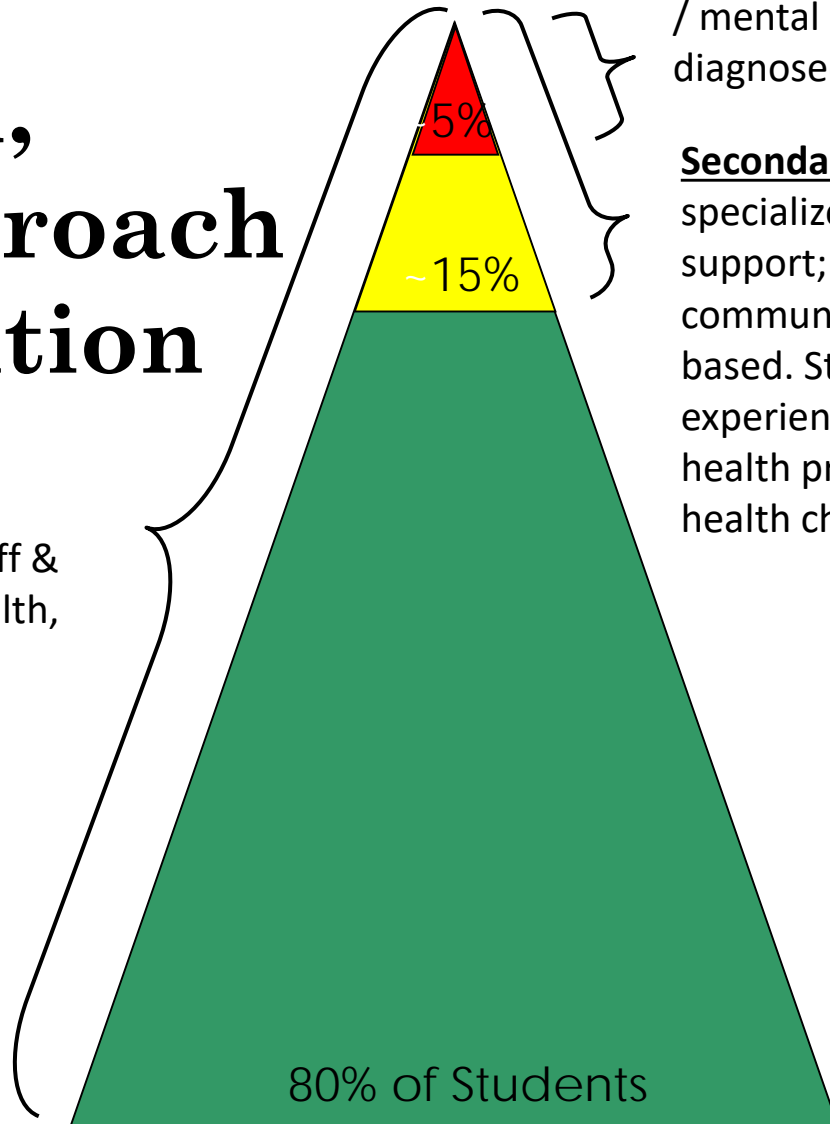


- Embraces the connection between mental and physical health
- Sees mental **health** rather than mental **disorder**
- Empowers the whole population rather than simply reacting to those in crisis
- Shifts from a deficit model of illness to health potential

A Balanced, Tiered Approach to Intervention

Universal or Primary Care:

schoolwide for all students, staff & settings. Promoting mental health, resiliency, dealing with mental distress.

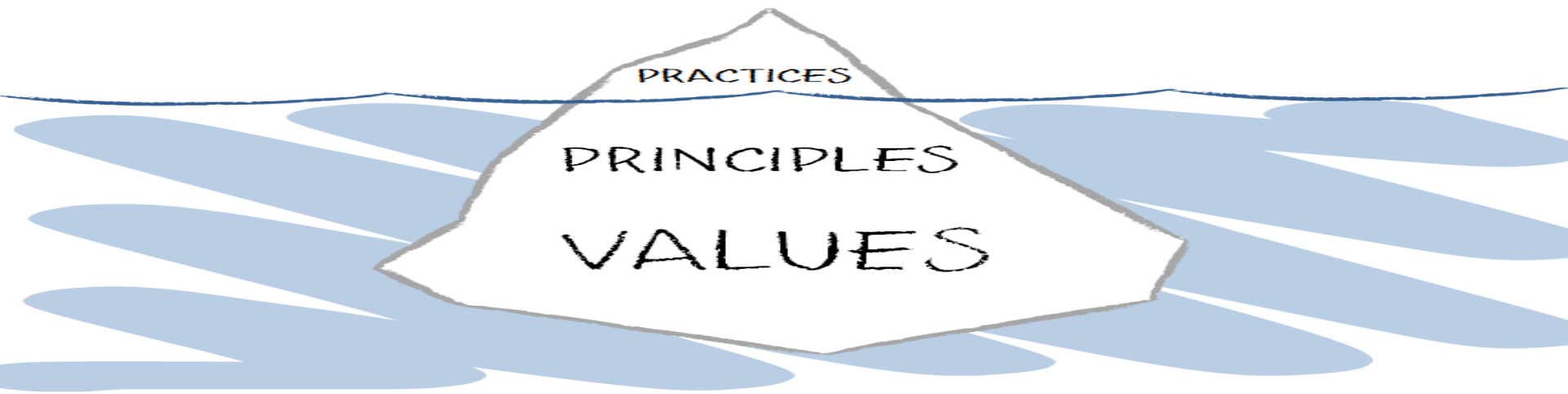


Tertiary Care:

specialized, individualized for students with mental illnesses / mental disorders (clinically diagnosed illnesses)

Secondary Care:

specialized, short-term support; may be family, community and/or school based. Students who are experiencing mental health problems / mental health challenges.



Principled Practice...

1. Child centeredness
2. Easy access to services
3. Early Intervention
4. Collaboration

TEAM MEMBERS

Each team consists of:



- School Health Nurses
- Mental Health Clinicians
- School Outreach Workers
- Board-based Counseling Consultant
- Occupational Therapists

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Example of Our Referral Process

Referral Created by:

Teacher
Principal
Staff Member
Parent
Student
Community
Organization

School
Counsellor

(SST)
(contains a
member of
the SWT

SWT
Intake
Meeting

Refer
Outside
(e.g. Family
Dr)

OUR REACH...

- **Active One on One Clients : 488**
- ***Completed* Groups Services To Date:**
- Students: 53
- Parents: 23
- **Health Promotion Programs and Program Activities**
- Activities: 267
- Classes Reached: 382
- Students Reached: 9263
- Parents Reached: 3022
- Staff Reached: 399



- 2018-19 TOTAL: 13,428
- 2017-18 TOTAL: 4,000
- Total Reach: 17,428

Please note that these are approximate numbers based on monthly team reporting

TYPES OF SERVICES PROVIDED



Formal One on One Interventions



Group Interventions



Brief Interventions



Educational Opportunities

EXAMPLES OF SERVICES PROVIDED

- counseling for anxiety and depression
- support for children with chronic diseases (e.g. diabetes)
- support to families experiencing child-parent conflict, housing issues
- support and information sessions to students on healthy eating, hygiene, healthy sexuality
- bridging between school and family/students not attending school
- walking club, boys engagement group, anxiety education group, coping skills group, girls group.



Some groups we're working with...

School Breakfast Programs

Canadian Cancer Society

Family Services PEI

Boys and Girls Club

Accessibility PEI

Families First

Chances

MAST

Public Health Nursing

Richmond Center

Taking It Global

CMHA

UPEI School of Nursing



- **Phase One 2017:** Demonstration Project Montague and Westisle Family of Schools
- ***Phase Two 2018:** *Colonel Gray, Souris, Morell and Bluefield Family of Schools, FLSB schools in these areas*
- **Phase Three 2019:** Ch'town Rural, Kinkora and Kensington and Three Oaks Family of Schools
- ***A Vigorous evaluation process is guiding each Phase**

EMERGING PROGRAM



- The teams are new and will take some time to establish themselves. During the implementation period we appreciate stakeholders using:
 - Flexibility
 - Open Mindedness
 - Gentleness



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