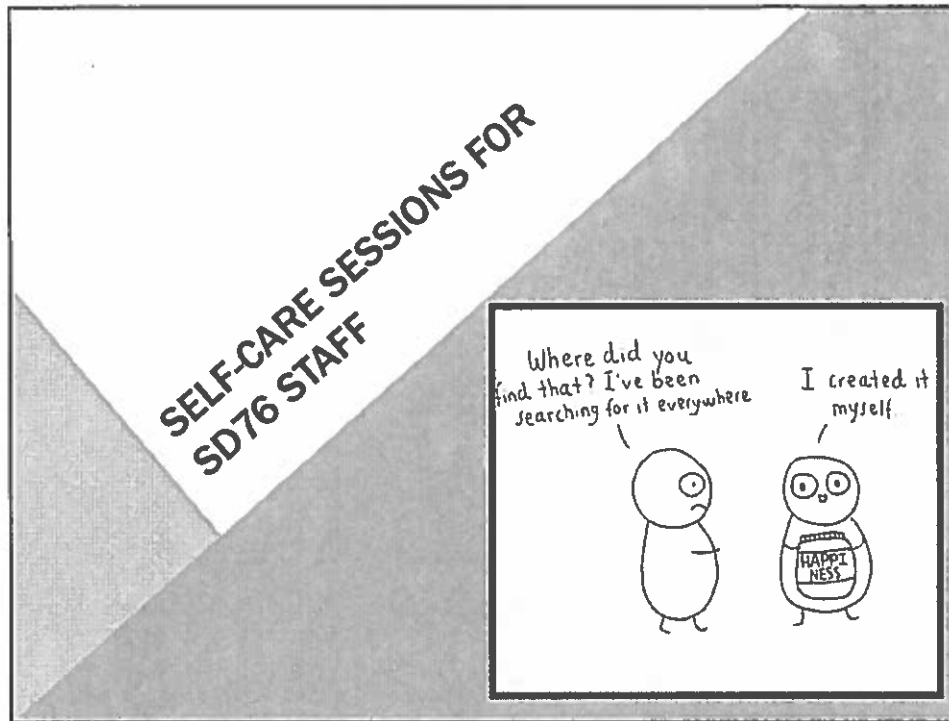


HIGHLIGHTS OF 2015-16



WHAT HAVE WE BEEN UP TO?

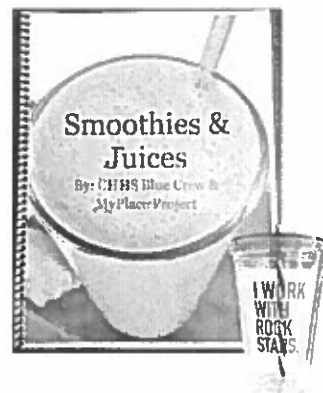




SELF-CARE SESSIONS FOR SD76 STAFF

During Mental Health Awareness Week last May the HUG and MyPlace team offered Laughter Yoga sessions for SD76 staff in many schools. This was a great team building activity as well as a stress buster.

MyPlace held a juice and smoothie in service during CHHS's wellness day. It was a huge success due to the collaboration of the success coach and foods teacher. Each participant left with knowledge, a recipe book and a smoothie cup with messages like "I RADIATE PURE AWESOME" on them.



IN JUNE HUG AND MYPLACE CO-SPONSORED PARK AFTER DARK



SUMMER PROGRAMMING WAS A SUCCESS!

HUG

Some highlights

- city waterparks and pools
- stampede
- Echodale
- city bus to the library

MYPLACE

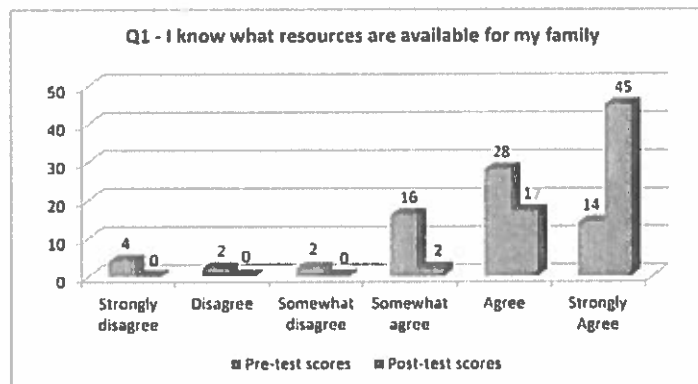
Some highlights

- city bus training
- partnered with youth centre
- connecting kids to local pools
- Random Acts of Kindness

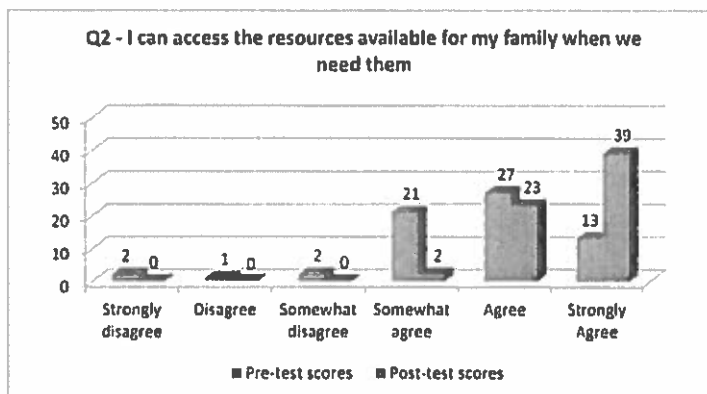
FRESH START TO SCHOOL 2015

"Fresh Start to School" was a first time project in Medicine Hat this year. (August 25th 2015) We adopted the program out of Lethbridge that has been a huge success called "Ready, Set....Go". The focus of this program was to provide complimentary items and services to families in need during the "back to school" time of year.

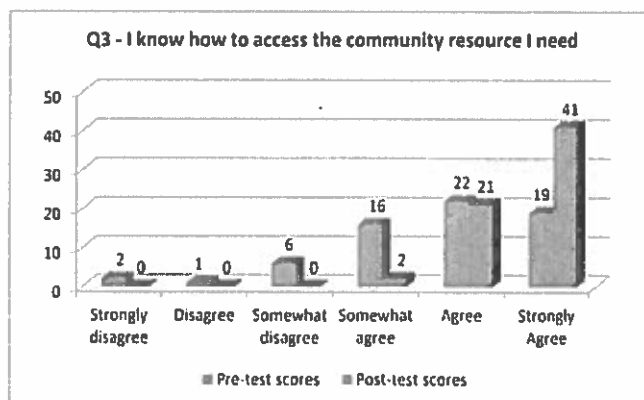
Fresh Start to Schools Survey Results - 2015



*48% increase between the pre to post-test responses, for the number of people that responded 'Agree' and 'Strongly Agree'.



*55% increase between the pre and post-test responses, for the number of people that responded 'Agree' and 'Strongly Agree'.

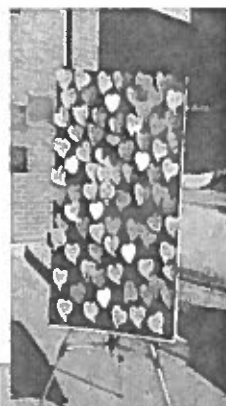


*51% increase from the pre to post-test responses, for the number of people that responded 'Agree' and 'Strongly Agree'.

ADVISORY MEETING ACTIVITY

Success Coaches	
Role	Not so much
Universal programming	targeted
Skills in Q2	groups
Community of belonging	[.]
Mindset training	expectations in mothers
Link to link community	sub-teachers
Strategies for student	coaching
Plan employee	fix
resources	E.A.S.
promote wellness	regular school hours

WORLD SUICIDE PREVENTION DAY SEPTEMBER 10, 2016



NEVER TOO YOUNG TO
LEARN ABOUT POSITIVE
MENTAL HEALTH





"LIFE AFTER MENTAL ILLNESS"

**An Hour with
Bill MacPhee**
CEO, Maggie Publishing Inc.

OPEN TO TEACHERS AND STUDENTS



Bill Clinton is a highly sought after recovery expert across all major media, no matter, and a dynamic public speaker. He will share his personal experience of living with schizophrenia and his recovery model "The Right I was Program."

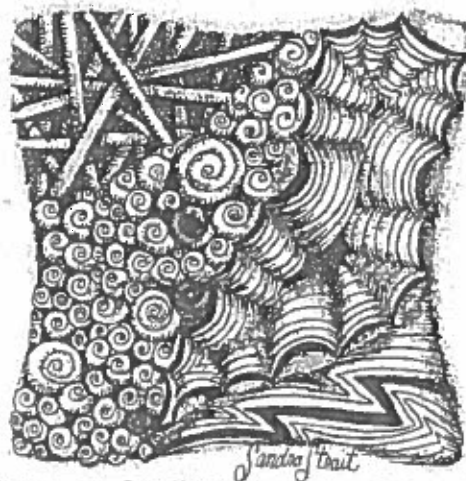
Wednesday October 7, 1933
09:00am-12:00pm
Crescent Heights High School
Caterina

Supported by:



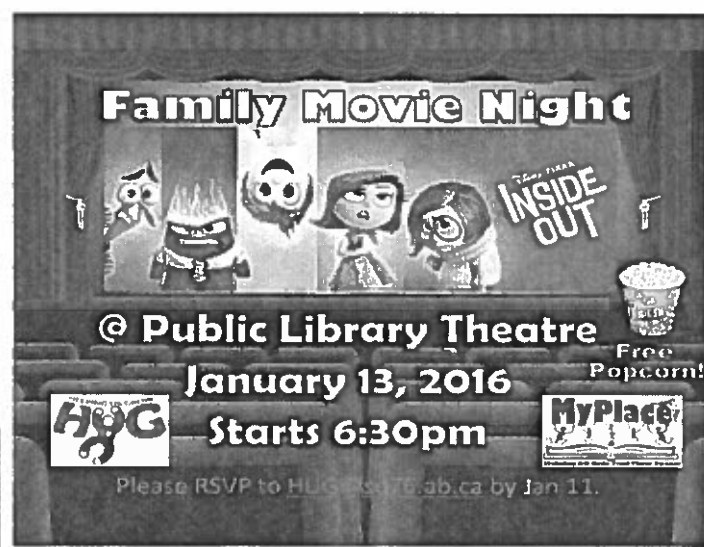
Consult: Justin Vandenberg, (800) 375-1141 or
 Tom Fendley, (800) 377-6091 ext. 6116

SOUTHEAST REGIONAL GUIDANCE COUNCIL PD



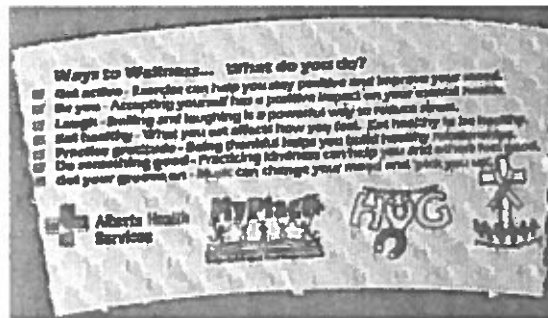
The MyPlace success coaches offered a zentangle PD to the southeast regional guidance council on November 26th. The group enjoyed the demonstration as well as the participation aspect. One of the councilors is now offering zentangle as a flex day option.

JANUARY FAMILY NIGHT



ONGOING CAPACITY BUILDING AND COMMUNITY ENGAGEMENT.

You can find these coffee cup sleeves at local coffee shops in
Medicine Hat



Ways to Wellness

Mental Health Tips

Taking care of your health, means taking care of your mind too. Small steps can make a big difference. I have a couple ideas to help with your mental health.

Be kind

Showing kindness can help you and others feel good.



Practice gratitude

Being grateful can help you develop a positive outlook on life.



Eat healthy foods

What you eat can affect how you feel. Eat healthy to feel healthy.

Get active

Physical activity can improve your mood.



Be yourself

Accepting yourself can have a positive impact on your mental health.



Get your groove on

Music soothes the soul.



Laugh

Laughter is medicine for the mind and helps to reduce stress and tension.



For more health related information, visit www.albertahealthservices.ca or call HEALTHline Alberta 1-800-408-5463 (Toll-free)

THANK YOU

When you wake up in
the morning...
Put your positive pants
on!



