



# **MHPSD Social/Emotional Supports**



Division Psychologist

Division Counselling Supports

Behaviour Emotional Support Team

Family School Liaison Workers

Mental Health Services Facilitator

School Counsellors

Child & Youth Care Worker

First Nations, Metis & Inuit Supports

Success Coaches

Community Workers

The role of the FSLW is to work collaboratively as part of the school-based team to ensure that student's social and emotional needs are met within the context of an inclusive educational system.

FSLWs act as the connection between families, students, educators, and the community. FSLW support is flexible and is open to families and students with a variety of needs.

### **BRIDGE A CONNECTION BETWEEN SCHOOL AND FAMILY**

- Connect with parents/guardians and identify family needs
- Assist in understanding and removing barriers to school attendance
- Support families in meeting the social and emotional needs of their child
- Encourage communication and trusted relationships between home/school

### **CONNECT FAMILIES TO OUTSIDE AGENCIES AND RESOURCES**

- Identify barriers to accessing community supports
- Support families in navigating systems in the community
- Make referrals to appropriate community agencies as needed
- Coordinate school, family and community services when necessary
- Act as a link between school staff and community partners

### **PROVIDE ONE-ON-ONE AND GROUP SUPPORT FOR STUDENTS**

- Offer supportive counselling to enhance personal strengths, build resiliency, and improve coping and regulation skills
- Offer skill-building groups to address identified needs
- Conduct risk assessments as required
- Be a visible and supportive member of the school community

### **BECOME A VALUABLE RESOURCE FOR STUDENTS, FAMILIES & STAFF**

- Share information on topics such as mental health, healthy relationships, coping skills, emotional regulation, trauma-informed practice, etc.
- Increase knowledge and understanding of staff regarding mental wellness
- Advocate for the needs of students/families within school and community

# SCHOOL COUNSELING SUPPORTS

## MEDICINE HAT PUBLIC SCHOOL DIVISION

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# COVID-19

## “We’re Not All in the Same Boat”

- The experiences of our staff, students and families are varied. For some, this experience has had minimal impact on their daily life while for others, this has brought about significant stress.
- Covid-19 has highlighted and intensified inequities and systemic issues within our community (i.e., food stability, safety, shelter, unemployment, mental health needs).
- We each bring different experiences, resources and skill sets to weather this storm. While we won’t always be able to relate to the experience of others, we can navigate these times with empathy and compassion for each other.



# FAMILY RESOURCES

We recognize that the volume of information being shared during the COVID-19 pandemic has been overwhelming and it can be difficult to know which information is valuable. MHPSD's Student Services team has been gathering articles and resources for families to use during this time.

# COMMUNITY WELLNESS SUPPORTS

KIDS HELP PHONE **TEXT "CONNECT"**  
**686868** OR CALL **1.800.668.6868**

CRISIS TEXT LINE FOR ADULTS - **TEXT**  
**"CONNECT" TO 741741**


DISTRESS CENTRE **403.266.HELP**  
**(4357)**

AHS MENTAL HEALTHLINE  
**1.877.303.2642**

HEALTH LINK **811**

NOTE: THIS LINE IS HANDLING HIGHER THAN NORMAL CALL  
VOLUMES, PLEASE BE PATIENT OR SELECT ANOTHER OPTION IF URGENT



A large, irregular blue ink splash or watercolor blotch serves as the background for the text. The splash is centered and has a textured, painterly appearance with various shades of blue and some white highlights. The text is white and stands out prominently against the dark blue background.

# Connecting with School Communities Part I, II & III

**October 7<sup>th</sup>, 2020**



# **Connecting with School Communities about Suicide: Hope and Resilience in Southeast Alberta**





267 VIRTUAL LIVE ATTENDEES

# Themes:

1. Concerns related to pandemic/school-closures and reopening.
2. When are my child's struggles serious enough to warrant the need for more help?
3. What are schools doing to address mental health and how do students access supports?
4. What community supports are available and how to access them?
5. How to have open conversations about suicide with your child/youth.
6. How do I help someone who isn't ready for help?
7. Understanding the grief process.
8. Impact of social media on children/youth.
9. Building resilience in our children/youth.



## *Join Us*

**Date: November 4, 2020**

**Time: 7:00 PM**

**Where: Online**



**As we continue the conversation about suicide and mental health:  
Hope and Resilience in Southeast Alberta**



**THURS DEC 10**

**630-730PM**

**CONTINUING THE  
CONVERSATION**

**PART 3 - FOR ALL  
ELEMENTARY  
FAMILIES**



Virtual sessions were scheduled for December 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, and 10<sup>th</sup> to allow parents and caregivers to have a more intimate and school-focused conversation about mental health and resiliency. Participants were invited to bring questions, engage in discussion, or just come to listen. This also provided an opportunity to introduce families to the supports that are available in their child's school.

# Next Steps

- Division supports continue to be available to support students and their families in navigating social and emotional issues.
- Classroom presentations around important topics such as resiliency, positive mental health, and available supports are being offered.
- As a division we are committed to embedding social emotional learning objectives into our classrooms to foster conversations around mental health.
- We would love to hear from parents/caregivers if there are other supports/services we can provide at this time.
- If you'd like to have a conversation about mental health or social/emotional supports at a future council meeting, please discuss with your school administrator and we would be happy to attend.