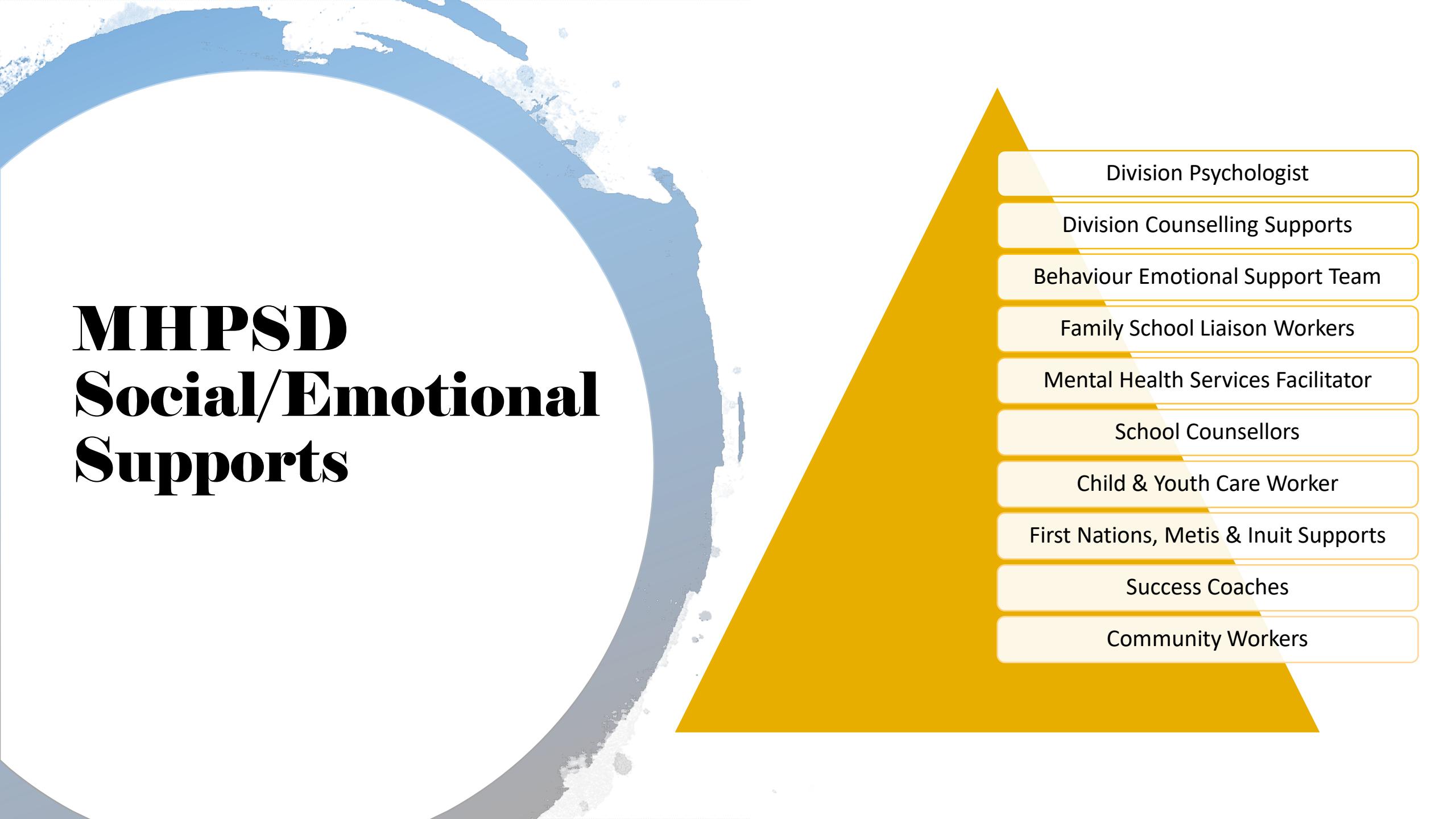
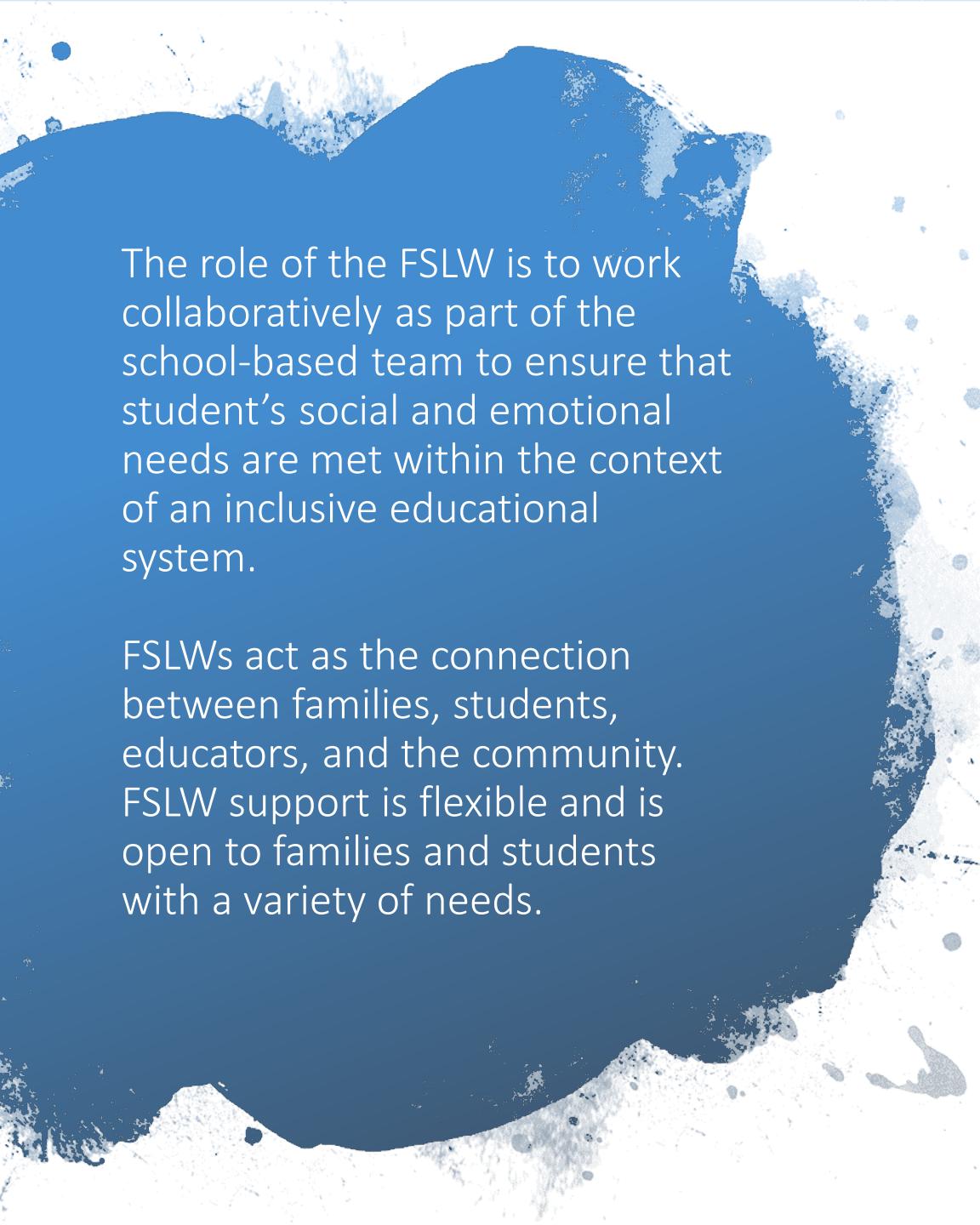


MHPSD Social/Emotional Supports



- 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

Jenna Bentley jenna.bentley@sd76.ab.ca
403.581.7671 Alexandra Middle

Monique MacDonald monique.macdonald@sd76.ab.ca
403.866.7793 Elm Street and George Davison

Jenesse Chamberlin jenesse.chamberlin@sd76.ab.ca
403.581.7978 Crescent Heights High

Mary Tulip mary.tulip@sd76.ab.ca
403.866.5873 Crestwood and Vincent Massey

Britni Chambers britni.chambers@sd76.ab.ca
403.866.4990 Dr. Roy Wilson

Jordan Curliss jordan.curliss@sd76.ab.ca
403.866.7790 Dr. Ken Sauer and Webster Niblock

Joeleene Brassard AHS Mental Health
403.529.3500 Ecole Connaught

Nick Paquin Nick.Paquin@sd76.ab.ca
403.866.4990 Ross Glen School And Medicine Hat Christian

Erin Gerrard-Evjen erin.gerrard-evjen@sd76.ab.ca
403.878.0764 Herald and Ross Glen

Lillian Murphy lillian.murphy@sd76.ab.ca
403.866.5609 Medicine Hat High

Tannis Bailey tannis.bailey@sd76.ab.ca
403.866.4966 Southview and River Heights

Division Supports
Behaviour Intervention/Counselling
Carla Thorogood carla.thorogood@sd76.ab.ca 403.866.7804

First Nation, Métis and Inuit Coordinator
Darrell Willier darrell.willier@sd76.ab.ca 403.979.0503

First Nation, Métis and Inuit Support Workers
Shirley Boomer shirley.boomer@sd76.ab.ca 587.343.7979
Morgan Muir morgan.muir@sd76.ab.ca

Child and Youthcare Worker
Mandy Weiss mandy.weiss@sd76.ab.ca





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

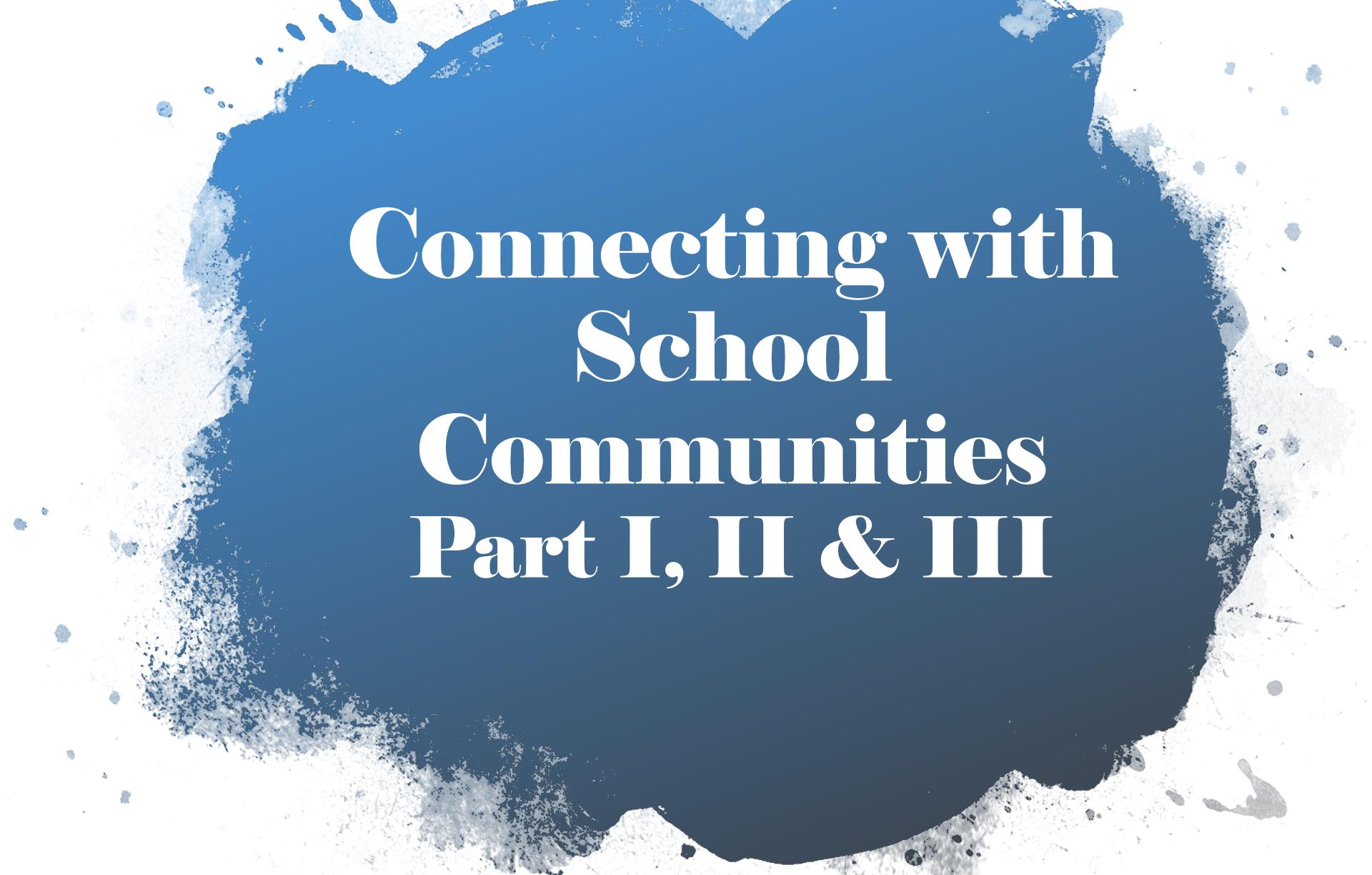
KIDS HELP PHONE **TEXT "CONNECT"**
686868 OR CALL **1.800.668.6868**

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



Connecting with School Communities Part I, II & III

October 7th, 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 1st, 2nd, 3rd, and 10th 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.