

Potential Students Should

- Be in grades 9-12
- Have been unsuccessful in the mainstream school setting due to mental health concerns, despite interventions such as counseling, learning assistance or Choices
- Have internalizing rather than externalizing behaviours, in order to preserve group dynamics and feelings of safety
- Be “group ready:” willing to participate in group check-ins and discussions
- Have adequate insight into their conditions in order to learn new ways of coping
- Be willing to attend every morning to the best of their abilities
- Be connected to a mental health professional who can help to facilitate their transitions to and from the program

Referral to Ascent

Choices:

- Complete DRT referral package from *Forms Central*, including the “Therapeutic Day Program” section and submit to DRT for approval

Community MH Clinicians:

- Contact the youth’s school counselor and coordinate with him/her to complete a DRT referral package
- Once approved by DRT, the student will meet with the clinicians on the Ascent Team to determine the youth’s group readiness
- Please send referrals to the DRT by Mid-December/Mid-May



Welcome to Ascent

Questions?

Sept – June: Direct questions to Jen Macdonald (Ascent teacher) or

Jeremy Church (Administrator) at 604-903-3333

July – Aug: Direct questions to Kim Stuart (MH Clinician)

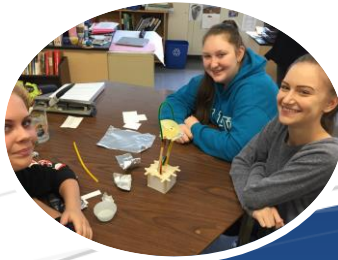
at 604-983-6728

Vancouver
CoastalHealth
Promoting wellness. Ensuring care.

MOUNTAINSIDE
SECONDARY SCHOOL
OWN YOUR JOURNEY

Our Mission Statement

Ascent is a supportive, nurturing community, which strives to effectively co-partner with youth and families to develop skills and strategies to address and manage mental health challenges, and to encourage wellness, personal growth and accountability.



“Smile,
breathe, and
go slowly.”
~Thich Nhat
Hanh

We seek to reduce the impact of
mental health concerns that impede
the personal and academic
success of youth.



What We Do

- Deliver a half-day 18 week program (one semester)
- Work together to create a fun, safe, accepting and respectful community where students can begin to gain/regain both academic and social confidence, through:
 - Engaging with an overview of DBT (Dialectical Behavioural Therapy) concepts of mindfulness, emotional regulation, distress tolerance, interpersonal effectiveness and dialectics (seeing both sides of a ‘truth’).
 - Exploring and encouraging elements of personal wellness which include, but are not limited to sleep, nutrition, movement and laughter.
 - Engaging with an adapted academic program for English Language Arts 9-12, Self-Efficacy 9-12, and Wellness 9-12.

