

Standing Committee: Mental Health and Well-Being

OCTOBER 10, 2023



Self-Reflection and Mindfulness



How are you taking the time to check in with yourself before you show up for others?



Community Norms



Community Norms



- Be present: Create the atmosphere you need to actively participate.
- Engage generously & responsibly: Be attentive to the impacts of your intentions.
- Speak from your experience: Be mindful of how your statements may generalize or reduce an individual or community's lived experience.
- Call in: Focus on compassion and content, not character, when providing feedback to others.
- Keep yourself open to learning: There are no experts.
- Welcome group tension: View disagreement as a space of possibility and generative discussions.
- Respect confidentiality: What is said here stays here.
- Be open to non-closure: This is an ongoing journey.

World Mental Health Day



Video- We All Have Mental Health



Board Motion (January 2022)



“That the Board of Education direct the Superintendent and Board Leadership to create a Standing Committee Meeting on Mental Health/Illness during the month of October, Mental Health Awareness Month; and, that this Standing Committee bring together the District Principal of Social Emotional Learning, Assistant Superintendents, Executive Director of Human Resources (or their designates), North Vancouver Parent Advisory Council, District Student Leadership Council and individuals with lived experience to speak to the initiatives that the North Vancouver School District is undertaking; and how NVSD supports students, staff and the community in breaking down the stigmas surrounding mental health and/or illnesses.”

SEL Continuum



Sense of Belonging – an intentional focus on strategies and structures that ensure each and every student feels a sense of belonging and connection with their classmates, teachers, and school

Social Emotional Learning – using the CASEL Framework, intentionally teaching students the key social emotional skills to be successful

Mental Health Literacy – through the use of Dr. Stan Kutcher’s curriculum, improving mental health literacy for all grade 9 students district-wide and providing teachers a shared language in promoting positive mental health

Integrated Mental Health Supports – developing strategic partnerships with inter-ministerial partners to create seamless supports for children and youth with mental health needs

Some of the Statistics



25% rated their mental health as "poor" in the past two weeks

Grade 11 YDI Respondents

35% screened positive for moderate to severe depression

41% reported a need for MH professional help in past 6 months but did not seek support

Mental Health in Schools (MHIS) Strategy



Using a systems awareness lens, and in particular focusing on compassionate systems leadership, acknowledges that adult well-being is a critical element towards alignment and improved system-wide mental health outcomes. Through a system-wide approach to mental health promotion, the Ministry aims to improve mental health outcomes for students, as well as impact the overall long-term social and economic returns on investment.

Table Talk: Guiding Questions



1. How do you define well-being?
2. What are the biggest mental health concerns in schools and the community for students and adults?
3. How can we address the stigma of mental health?
4. What are ways that mental health and well-being are being managed?
5. What are we doing well in NVSD in regards to mental health and well-being? What are areas for growth in NVSD?

Table Talk



- Each table will focus on one of the 5 feedback areas
- There will be a facilitator/recorder at each table to guide and support the dialogue.
- When prompted, participants will move to a different table for another conversation with a new group.

Final Thoughts

