

ESBCHS Mental Health Plan

2023-2024

ESBCHS Administration	ESBCHS Mental Health Team	Division Supports	AHS/RCSD Supports	Community Supports
<p>Chris Stiles - Principal</p> <p>Kevin Hancock - Assistant Principal (H-M)</p> <p>Catherine MacArthur - Assistant Principal (A-G)</p> <p>Wendy Francis Assistant Principal (N-Z)</p>	<p>Kristi Nelson - Counsellor & Student Services Department Head (N-Z)</p> <p>Laurel Osness- Counsellor (H-M)</p> <p>Brilene Wohlgemuth- Counsellor (A-G)</p> <p>Nicole Liddle – LST</p> <p>Katie DeBoer- LST</p>	<p>Deanna Viske – Instructional Consultant</p> <p>Amy Lackie – Family School Liaison</p> <p>Niki Gill - Director of Student Services</p>	<p>Erin Black - AHS Substance Use Therapist</p> <p>Erin Williams - AHS Mental Health Nurse</p> <p>Tony Laughlin - AHS Youth/Adolescent Therapist</p>	<p>Brandon Sidhu- Community Development Coordinator-Youth FCSS and Social Development</p> <p>Brodie Stenhouse- Supervisor</p> <p>Chantal Berube Youth Centre</p> <p>Sabrina Kuhn - Youth Outreach Worker</p> <p>Chantal Berube Youth Centre</p>

Context: French Immersion and English school currently operating at 1076 students in grades 10 through 12.

Guiding Principles:

Review what we are currently doing to build resilience and positive mental health for our students.

Universal:

Students have access to counsellors with a reactive focus, due to increased levels of stress and anxiety. Primarily the counsellors utilize a Solution-Focused approach due to time limitations. Students get permission from their teacher to leave class with potential emergent mental health concerns and will be navigated to a counsellor. Students can also utilize walk-ins or book appointments.

We use CALM in Grade 10 as an entry point for recognizing all dimensions of well-being.

We have many student groups and clubs covering a wide range of interests.

Our Mentorship program is being refreshed by our two new supervisors, Laurel Osness and Brandon Sidhu (FCSS).

Wellness IST is working to identify areas of growth in our school community with regards to wellness within the staff and student population.

Our fitness facility is running before and after-school and during school (except for block 3). This year, time has been allocated specifically for female identifying students to work out after school on Wednesdays.

We have a vibrant sports program run by staff and community volunteers.

Gym is accessible at lunch to provide opportunity for play.

Parent information nights through AHS Caregiver Series

- Parenting teens / promoting + mental health

- Anxiety and Depression
- Substance use
- Other

Parent information session held by Student Services regarding career planning and post-secondary planning.

School sends weekly updates to parents regarding upcoming events and any other pertinent information.

Students Services sends a monthly newsletter to grade 12 students regarding career planning, post secondary, scholarships, and mental health information.

Breakfast program provides opportunities for snacks and meals, available to all students.

The Food Bank supplies Student Services food for students needing a snack or lunch. Our counsellors try to chat one on one with students suspected of having food insecurities.

Our Cafeteria is focusing on providing home-cooked meals and healthier options.

Classroom discussions around mental health (PE/ CALM /HEALTH)

In times of high stress, we bring in Therapy Dogs. Teachers can sign up for this optional opportunity for their classes.

Partnerships between ESBCHS and CBYC and FCSS in Beaumont.

Targeted:

ESBCHS staff can refer students with concerns about mental health or behaviour affecting their success and will be seen by a counsellor, if needed. Students can also be referred to the Family Support Liaison (Amy) if long term support, in the form of weekly check-ins, is needed. Other targeted supports include:

Success in School meetings

Learning Support Teachers to address academic concerns within learning profiles. LSTs meet individually with each student who has an ISP to discuss accommodations.

Educational Assistants are designated within classrooms to support exceptional learners

Students with a reader/scribe accommodation have transitioned to Google Read Write from one-on-one with an Educational Assistant. This provides more opportunities for Educational Assistants to work within the classroom

Off-Campus learning opportunities such as Work Experience, Outreach School, Black Gold Summer School, Dual Credit.

Inreach courses are offered within our school building to accommodate students with unique timetable and personal needs

Exam Room runs throughout the school day and after school for students with accommodations and/or missed assessments

Regular check-ins with students experiencing significant life circumstances - referrals to community services if needed.

Implemented Round Table discussion with ESBCHS staff regarding at-risk youth and how best to support them for ISP development.

Substance Use therapist, Erin Black meets confidentially with students who have been referred by counsellors

Welcome to ESBCHS lunch for new students to Beaumont

Referrals to the Family Resource Network as needed

We have built a stronger English Language Learner program with an assigned teacher, with additional FTE. These ELL classes are now built within the timetable for students to join this class and earn credits while they complete this course.

Where are the gaps in services for students and parents?

Universal:

There is a gap in counsellor FTE to fully address student well-being and mental health at both a universal and targeted level. The recommended ratio is 1:250 by the ATA School Counsellors Council in conjunction with the Educational Psychology Department at the University of Alberta. Our ratio is currently 1:358.

This year we have seen an improvement in this ratio as we have added a third counsellor. This has helped to alleviate some of this pressure and has enabled us to help more students.

Students are struggling with high levels of stress and anxiety as a result of many contributing factors including: socialization, ineffective coping strategies, technology use, academic pressures, substance use, etc.

Counsellors are facing high demand without sufficient FTE. The trickle down effect is that counsellors are unable to offer as much universal support (ie: classroom presentations, group counselling, parent session nights) as hoped for.

Targeted:

Resources and support for our Indigenous students.

As our school becomes more culturally diverse, we recognize the need for translator services, especially to ease language barriers in parent meetings.

Parent awareness of supports and AHS system navigation for when their child struggles with mental health.

Parent and student awareness of post-secondary application and career exploration process.

What do we plan to do for the 2023-2024 school year to build resilience and positive mental health for our students?

Universal:

Handout highlighting community support resources, given to parents at Meet the Teacher Night and on our website.

Handout for students highlighting community support resources.

Mental Health awareness week held in May.

Mental Health theme months that focus resources, activities and education on specific topics.

Meeting with the other counsellors in Beaumont to discuss unique community needs and to collaborate on initiatives.

Sessions to empower and inform teachers such as SACE, Division organized PD sessions, Indigenous pipe ceremony

Explore SWISS for support with translation for parent meetings.

New Student Services Instagram account created to better provide access to resources and information in a format students and parents can easily access.

myBlueprint presentations to every block 2 class and individual meetings with students with spares to ensure all students activate their myBlueprint accounts. Presentations also focus on career exploration and high school course planning. Parents will be invited to link to their students' accounts.

Providing students the opportunity to participate in or observe a traditional Indigenous smudging ceremony.

Targeted:

Plan opportunities for teachers geared towards the value in their own self-care.

We have seen an increased number of students reporting sexual assault and violence so we are planning for SACE to come in for PD to inform staff on how to respond and what to do.

Reach out to Eaglemont Church regarding support (Alateen Groups) for students struggling with parents/guardians who have addictions.

Continue utilizing outside referrals and services for students who are at-risk.

Collaborate with admin to finalize or Conflict Resolution plan to assist and support students when on-going conflict is occurring.

2023-2024 Goals/Mental Health Plan:

Goals	Delivery/Activities	Lead	Timeline
Indigenous Supports	Reach out to Michelle Haveroen, Black Gold Division Indigenous Lead Teacher, regarding how to address (targeted or universally) the Indigenous population within our school.	Brilene	September 2023
Indigenous Supports	Student Services staff to become more informed and educated on programs, services, and funding available to Indigenous students.	Brilene	By the end of January 2024
Community Partnerships	Reach out to CBYC and FCSS to facilitate a luncheon to meet all partners and brainstorm opportunities for partnership.	Kristi	November 2023

Teacher PD Opportunities	<ul style="list-style-type: none"> -Mental Health Literacy -Managing student behaviours driven by anxiety, depression, ADHD etc - SACE Presentation about sexual assault. 	Kristi	September 2023-June 2024
Parent Engagement	Inform parents of mental health support in ESBCHS for students and families in handout and weekly "Did you know" segment in ESBCHS weekly updates.	Kristi	September 2023- June 2024
Student Survey	Revisit student survey from Mental Health week in May 2023.	Student Services team	December 2023

Student/Parent/Teacher Survey	Survey about desired supports to inform the 2024/2025 mental health plan	Student Services team	May/June 2024
Partnership with Leadership	Increased collaboration between Student Services and our student Leadership team	Laurel	September 2023 -June 2024
Expand Mental Health Week	This is an opportunity for students to learn more about community support, self-care, mental health, and healthy living.	Student Services, Leadership class, FSL, FCSS, CBYC, and division supports.	May 2024