

### Promoting Healthy Relationships in the School Setting: The newly-revised JCSH Positive Mental Health Toolkit

Canadian Conference on Promoting Healthy Relationships for Youth  
London, ON February 15-17 2017

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## Introductions

- Your name and your school or organization
- Your interest in positive mental health practices
- What you hope to take away from this presentation



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## About JCSH

- 12 member provinces/territories across Canada's health and education ministries, with support from the Public Health Agency of Canada
- 4 Key Directions:
  - Leadership
  - Capacity Building
  - Knowledge Development and Exchange
  - Monitoring, Accountability, and Evaluation
- A bridge among policy, research and practice
- Tools/resources using a Comprehensive School Health approach



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## Comprehensive School Health



When actions in all 4 components are harmonized, students are supported to realize their full potential as learners, and as healthy, productive members of society.




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## Correlates of PMH in the School Setting

- ↑ academic achievement and school attendance
- ↑ academic confidence and engagement
- ↑ positive coping and problem-solving skills
- ↑ involvement in structured and unstructured physical activities
- ↑ understanding and de-stigmatization of mental health conditions
- ↓ high-risk behaviours
- ↓ oppositional behaviours




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## Positive Mental Health Toolkit 2017

- New approach
- WMA Wellness - JCSH Advisory Committee Collaboration
- Focus on diversity and equity, student and staff well-being, whole school commitment




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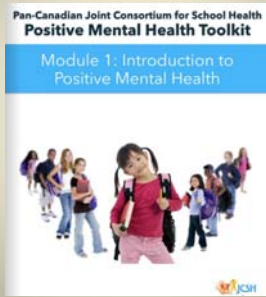
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### The Positive Mental Health Toolkit 2017: A Series of Modules

Module 1: An introduction to perceptions and practices related to Positive Mental Health




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### Module 1 Features: Definitions and Concepts




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Module 2: The importance of building school connectedness within classroom and school settings




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### Module 2 Features: Positive Education Pathways

Models to enhance

- Inclusion
- Respect

PERMA explained:

- Positive Emotion
- Engagement
- Relationships
- Meaning
- Achievement




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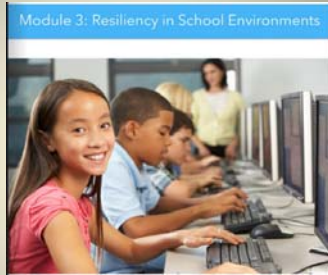
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Module 3: The importance of building resiliency through social and emotional learning approaches




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### Module 3 Features

5 interrelated competencies in social-emotional learning programs (The Collaborative for Academic, Social and Emotional Learning (CASEL))




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# Module 3 Features: Circle of Courage

**Circle of Courage**

Similar to Self-Determination Theory (SDT), the Circle of Courage as delineated by Brethorst et al., (2005) asserts that all individuals share common needs that require the use and development of strengths. In other words, fulfilling key need areas provides opportunities for engaging and accessing personal strengths. These need areas include:

- Belonging** (Similar to Autonomy): Opportunities to establish trusting connections
- Mastery** (Similar to Competency): Opportunities to solve problems and meet goals
- Independence** (Similar to Autonomy Support): Opportunities to build self-control and responsibility
- Generosity** (Similar to Relatedness): Opportunities to show respect and concern for others

Generosity places emphasis on being other centered and playing a role in addressing the psychological or mental health needs of others.

**Think about a time when you were involved in meeting the mental health needs of others. How were you engaged in being generous to others? What impact did it have on you personally?**



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Module 4: Ways PMH practices enhance well-being, engagement, and thriving in school teams

**Module 4: School Team Relationships**



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# Module 4 Features:

**Digging Deeper**

The following links can help expand upon the themes addressed in this module:

- [Child Positive Mental Health and Well-Being](#)
- [Promoting Positive Mental Health in the Workplace](#)
- [Guide to Improve Mental Stress and Resilience in the Workplace](#)

**Downloadable Documents in this Module**

Page 4	PMH Activity 1: Being at Your Best
Page 7	PMH Activity 2: Identifying PMH Practices
Page 8	PMH Activity 3: Assessing Positive Mental Health Practices
Page 9	PMH Activity 4: Practicing Community
Page 10	PMH Checklist 1: Resilience Practices
Page 10	PMH Checklist 2: Competency Practices
Page 10	PMH Checklist 3: Autonomy Support Practices
Page 11	PMH Activity 5: Practice Emotions
Page 12	PMH Activity 6: Resolving and Equipping Conflicts

**References**

This list will provide you with the references cited in this module, and additional resources for further study.

**Module References**

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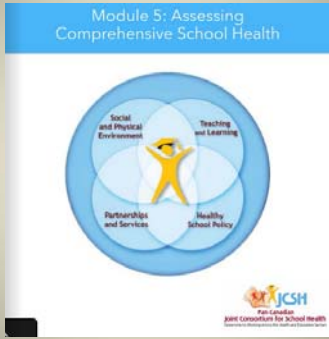
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Module 5:  
How to  
implement  
PMH practice  
within a CSH  
approach




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## Module 5 Features




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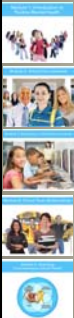
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## Modules



[Module 1: Introduction to Positive Mental Health](#)

[Module 2: School Connectedness](#)

[Module 3: Resiliency in School Environments](#)

[Module 4: School Team Relationships](#)

[Module 5: Assessing Comprehensive School Health](#)

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## Questions and Discussion



For more information, please visit our website: [www.jcsh-cces.ca](http://www.jcsh-cces.ca)



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