

FEATURE STORY

SUPPORT FOR STUDENT AND FAMILY MENTAL HEALTH FROM NS ROAD BUILDERS ASSOCIATION



SchoolsPlus Annapolis Valley Regional School Board received a generous donation from the Nova Scotia Road Builders Association. NSRBA Past President Gary Rudolph presented a donation of \$65,000 to Board Chair Lavinia Parrish Zwicker and Superintendent of Schools Roberta Kubik at the May 3 Regular Board Meeting.

SchoolsPlus Facilitator, Patty Cornwall; Mental Health Clinician, Megan Saunders; and Outreach Worker, Leah Marshall were on hand to offer thanks and to provide information on how the donation will directly assist youth and families through SchoolsPlus programming and support.

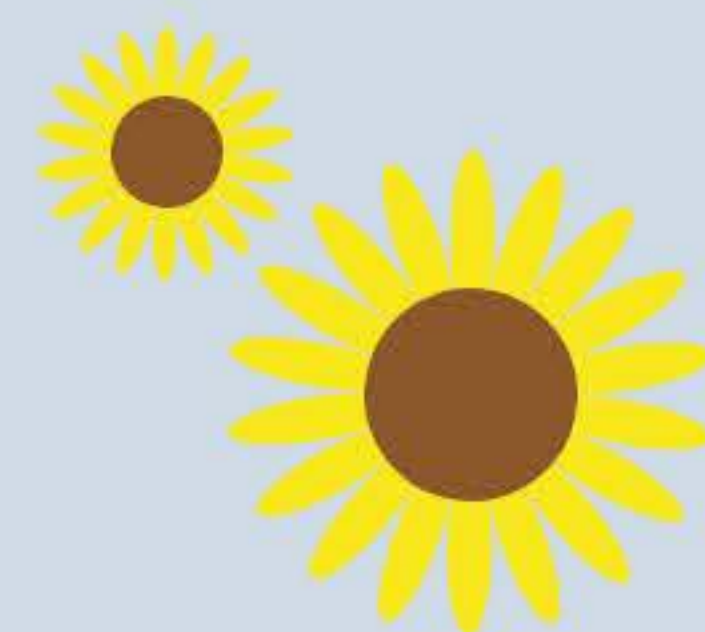
Each year, the NSRSBA hosts a fundraising auction, with proceeds going to a not-for-profit organization. AVRSB's SchoolsPlus Annapolis was nominated this year.

**Thank you to the
NS Road
Builders
Association!**



SCHOOLSPLUS ANNUAL PROFESSIONAL DEVELOPMENT DAY

MAY 5, 2017



Workshops

Presentation Topics

- Self-care for providers
- Critical thinking framework on de-colonization
- Principles and techniques of motivational interviewing
- Grant writing with a focus on collaborative submissions
- Co-regulation: Setting the stage for self-regulation
- Courageous conversations about race
- Trauma Informed Practice (TIP) implementation: How to integrate TIP into organizational culture

Event Details

- **Host:** SchoolsPlus Provincial Coordinator
- **Participants:** SchoolsPlus Community Outreach Workers, Sport Animator and Facilitators/Leaders from across the province
- **Location:** Halifax Regional School Board Office
- **Goals:** Fostering innovation and supporting collaborative efforts to improve Integrated Service Delivery

Total # of Participants: 98

I very much enjoy the opportunity to attend and see different programs/activities in all areas of the province.

- Participant

Contributing Organizations

- South Shore Regional School Board
- Canadian Mental Health Association
- IWK
- Nova Scotia Health Authority
- Dartmouth Community Health Board
- South Eastern Community Health Board
- African Canadian Services Division, Department of EECD
- Labour and Advanced Education
- Mi'kmaq Education, Department of EECD



Networking and Knowledge Transfer



Affirmations



ANNAPOLIS VALLEY REGIONAL SCHOOL BOARD STUDENTS ASSIST IN VIOLENCE EDUCATION

Who: Students in grades 6-12

What: Violence Prevention Initiative including multiple workshops for students

When: May 10, 2017

Where: Bridgetown Regional High School

Why: Made possible by a grant from the Family Violence Initiative Fund, RCMP

Partners: Valley Restorative Justice, Mi'Kmaq Family and Children's Services, Royal Canadian Mounted Police, The Valley Youth Project, Atlantic Youth, Mental Health and Addictions (Child and Youth), Nova Scotia Health Authority, Department of Community Services, Victim Services, Department of Justice, Kids Help Phone, Women's Place Resource Center, Juniper House, Chrysalis House, NS CyberSCAN Investigation Unit



CAPE BRETON-VICTORIA REGIONAL SCHOOL BOARD REMOVING THE MASK GRIEF GROUP



Partners: Bereaved Families of Cape Breton, United Way Cape Breton, Northside the Lakes Community Health Board, East Cape Breton Community Health Board, Central Cape Breton Community Health Board

Video Link:

<https://drive.google.com/file/d/0B7o7uZ1oJRk6OU9acFRUYXRCUGM/view>



Who: Children in grades 5-8

What: Youth Bereavement Group

When: May 16 - June 20, 2017

Where: Sherwood Park Education Centre

Why: To help youth who have experienced the death of someone they love move through and beyond grief



CHIGNECTO-CENTRAL REGIONAL SCHOOL BOARD YOUTH COMMITTEE WORLD CAFÉ

Who: Support for North Nova Education Centre (NNEC) Staff Team

What: An opportunity to network and share information about how services can support students and the school team

When: May 19, 2017

Where: North Nova Education Centre

Why: To improve integrated service delivery among partner organizations within the school setting

John Howard
THE JOHN HOWARD SOCIETY OF CANADA
La SOCIÉTÉ JOHN HOWARD DU CANADA

NOVA SCOTIA
Community Services

 **Big Brothers Big Sisters**
of Pictou County

Partners:

John Howard Society
Department of Community Services: YDI Program
Big Brothers & Big Sisters of Pictou County
Pictou County Roots for Youth
Pictou County Centre for Sexual Health

CONSEIL SCOLAIRE ACADIEN PROVINCIAL PARTNERSHIP WITH SOBEYS AND THEIR DIETICIAN



**Bon
Appétit**

Who: Grade 10 to 12 students

What: Orientation activity on healthy life habits linked to eating well

When: June 5, 2017

Where: Centre scolaire Étoile de l'Acadie, Sydney, Cape-Breton.

Why: After consulting with high school students regarding their main concerns, how to prepare food with a limited budget, as a starting point for our beautiful partnership with Sobeys and their dietician Katelyn Bourgeois.





HALIFAX REGIONAL SCHOOL BOARD

MEN'S MOMENTS



Who: Grade 6 students

What: Social Emotional Learning program with a recreation component

When: Weekly for 12 weeks

Where: John MacNeil School

Why: To create a safe space to regularly explore topics such as masculinity, inclusion, identity, relationships, communication and bullying

Students reported how they are different because of participation:

- More open to talk to family
- Know peers in a personal way
- More open to group discussions
- Skills to encourage others
- More respect, mature and responsible
- Appreciative of others



STRAIT REGIONAL SCHOOL BOARD

A DAY OF ART MAKING



Partners: ArtSmarts,
The Art Gallery of Nova
Scotia

Who: Students in grades 4 to 9 from Dr. J H Gillis Regional, Antigonish Education Centre, St. Andrew Junior School, and East Antigonish Education Centre

What: Working with acclaimed artist Alan Syliboy

When: May 30, 2017

Where: SchoolsPlus Community Room

Why: To connect students with culturally relevant creative expression





SOUTH SHORE REGIONAL SCHOOL BOARD

GIRLS POWER AND STRENGTH CAMP

Who: Young women in grades 8-12 nominated by their schools

What: Skill development, self-confidence, and relationship skills

When: May 17-19, 2017

Where: Camp Brigadoon

Why: To have youth learn and experience the benefits related to building and keeping supportive relationships through mentoring, team building, outdoor activity, presentations and workshops



Partners:

- Shore Regional School Board Sexual Violence and Innovation Grant
- Women of the Shore Drummers
- Chester RCMP
- Bridgewater Sexual Health Center
- Harbor House Women's Shelter Youth Outreach
- Second Story Women's Centre Youth Outreach
- Race Relations and Cultural Awareness Coordinator (SSRSB)
- Camp Brigadoon
- Yoga room of essence



TRI-COUNTY REGIONAL SCHOOL BOARD

FAMILY FUN NIGHT!



Certified Fun for Everyone!



Who: The whole family

What: A family focused night of activities and fun!

When: May 18, 2017

Where: Lockeport Elementary School

Why: To extend school hours to support family engagement and wellness

Activities

Giant Jenga

Giant Snakes & Ladders

Giant Checkers

Bean Bag Toss

Board Games

Refreshments & more!!



The Incredible Years[®]

Parents, teachers, and children training series



IWK/SCHOOLSPLUS PARTNERSHIP TO SUPPORT PARENTS

The IWK hosted an Incredible Years (IY) training on May 1- 3rd in Halifax. Around 24 SchoolsPlus facilitators/leaders and community outreach workers from across the province participated. Other participants included School Guidance, Family Resource Centres, Parenting Journey, and other community based organizations.



"The Incredible Years training exemplifies how organizations can partner to maximize expertise, resources, and capacity within the province. Through a shared goal, we have been able to make this evidence-based parenting group accessible to more families in their local community. The IWK Mental Health & Addictions Program is committed advancing this partnership work and extending our reach across the province to better support children, families and community partners."



-Maureen Brennan, Director of
Mental Health & Addictions Program

Parent Feedback

"Thanks for the Tool Box of Strategies."
-father

"I love being here, always nice to refresh
and learn more. Knowledge is power!"
-mother

"Incredible Years was a rewarding
experience for me and a gift to my
children."
-mother



SchoolsPlus & IY

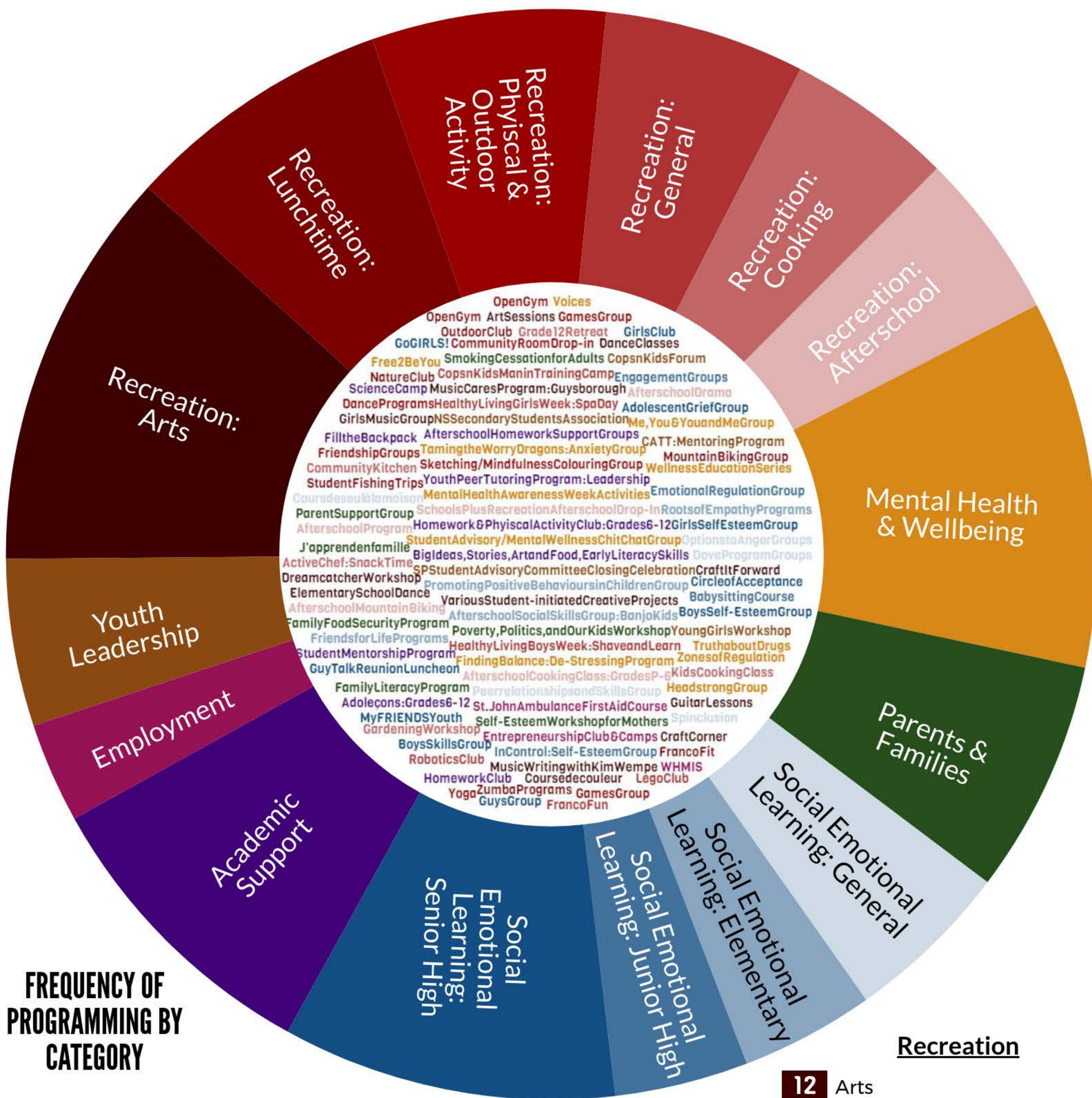
IY is a series of evidence based programs for parents, children and teachers, supported by over thirty years of research. It is a proven strategy for preventing and treating young children's behavior challenges and promoting social and emotional competence.

SchoolsPlus has been offering this programming in partnership with multiple organizations for the past several years. This most recent training led by Kimberlee Shoecraft, MSW, an experienced IY trainer, allows SchoolsPlus staff to extend the reach of this program across the Province making it available to more families.

QUALITATIVE DATA

PROGRAMMING

Data from the Monthly Reports were analysed and numerous groups and programs SchoolsPlus offered this quarter were found. The visual depicts the number of groups mentioned in the Monthly Reports in each category.



FREQUENCY OF PROGRAMMING BY CATEGORY

- 11 Mental Health & Wellbeing
- 9 Parents & Families
- 7 Academic Support
- 3 Employment
- 5 Youth Leadership

- Social Emotional Learning**
- 5 General
 - 4 for Elementary School
 - 4 for Junior High School
 - 10 for Senior High School

- Recreation**
- 12 Arts
 - 8 Lunchtime
 - 7 Physical & Outdoor Activity
 - 6 General
 - 5 Cooking
 - 5 Afterschool