

QUARTERLY REPORT

OCTOBER-DECEMBER 2016

CORE PRINCIPLES



**Collaborative
Interagency model –
not a program**



**Bringing
professionals and
programs together –
wraparound –
collective impact**



**Vision:
Schools are the
hub of the
community**



**Services
respect the
unique needs
of a
community**

STRUCTURE

Interagency
Consent
Form

SchoolsPlus
Community
Room

SchoolsPlus
Coordinator

Provincial
Steering
Committee

SchoolsPlus
Assistant
Coordinators

Regional
Advisory
Committee

Student
Advisory
Committee

Government/Community
Partners

Facilitators
/Leaders

Community
Outreach
Workers

School Mental
Health
Clinicians

SCHOOLSPLUS SITES

SCHOOLSPLUS SITES

As of December 2016, 214 of 378 schools in Nova Scotia have SchoolsPlus sites.



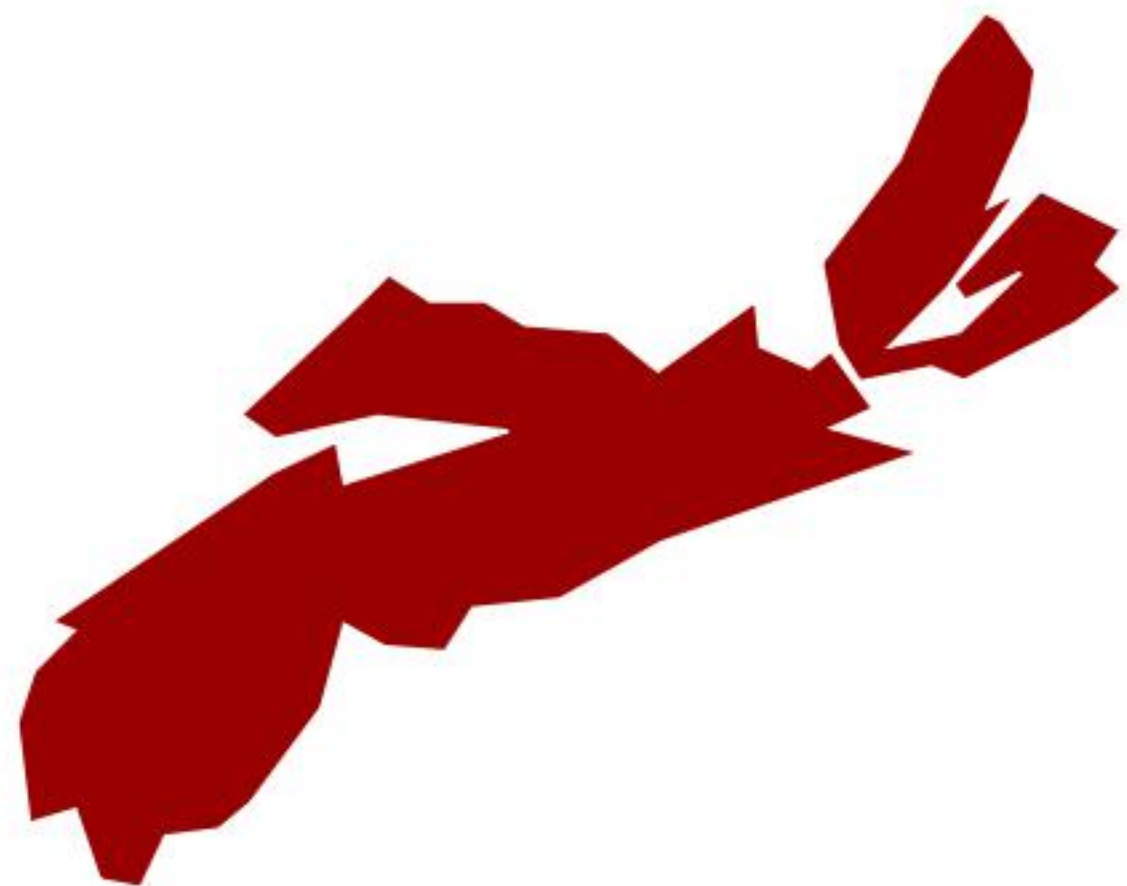
School with
SchoolsPlus
support



School
without
SchoolsPlus
support

“

*SchoolsPlus is
working
towards
providing
support to every
school in the
province.*



FEATURE STORY

THE DRHS BASKETBALL FUNDRAISER



On October 28, 2016, Digby Regional High School hosted a basketball fundraiser to raise awareness about mental health and mental illness. The men's and women's basketball teams from Acadia and MSVU faced off to a sold-out crowd of over 240 spectators from across the province.

The fundraiser idea was pitched by Mike Bartlett, Digby Subway owner and Executive Director of the Digby/Clare Mental Health Volunteers. Support from community businesses, the school community, and local professionals was overwhelming. Community members in the mental health field displayed important information regarding mental health supports in the community and highlighted where to seek help.

The Chit Chat group was heavily involved at the event. Group members greeted guests, assisted with half time challenges and provided support when needed. During the games, the MC read facts about mental illness with the purpose of delivering mental health information.

The event was a great success. Proceeds went to the Digby SchoolsPlus mental health funds, with the goal of supporting ongoing mental health activities for students in the Digby area. \$3000.00 total was raised from the event.

THE CHIT CHAT ROOM

- Who:** Gr. 7-12
- What:** A mental health peer support group
- When:** Bi-weekly
- Where:** DRHS SchoolsPlus Community room
- Why:**
Provide a safe space for students to come together and share their concerns, as well as to learn from community professionals and each other

ACKNOWLEDGMENTS

- Students at DRHS
- DRHS staff and administration
- Acadia and Mount Saint Vincent Universities
- Digby Subway
- The Digby/Clare Mental Health Volunteers Association
- SchoolsPlus staff



2016 MARILYN R. PEERS AWARD RECIPIENT STEPHANIE DOWNEY SAUNDERS

Community Outreach Worker, HRSB

Every year, the Halifax Region Children's Aid Foundation presents the Marilyn R. Peers Distinguished Service Award to the person or organization who has made outstanding contributions to promote the organization's work.

In partnership with the Children's Aid Foundation, Stephanie has helped match over 300 hundred students to needed resources including tutoring and summer camps.

SchoolsPlus is in a position of strength due to Stephanie's leadership within her role. Each child supported by her has access to new experiences and increased engagement in our community.

Congratulations and thank you for your efforts!



“

Stephanie is a dedicated member of the SchoolsPlus Team. She combines passion with commitment to support the educational success and well-being of learners and their families.

- Dr. Marlene Ruck Simmonds, Supervisor



AVRSB TRAVELLING KINDNESS ROCKS

SP SITES



■ #Schools with SP (62.79%)
■ #Schools without SP (37.21%)

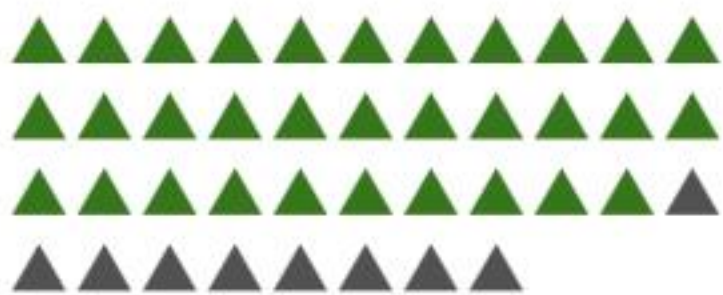
Who: Anyone 6 to 96 years old!
What: A workshop facilitated by Travelling Kindness Rocks, where participants created and kept 2-4 dot mandalas.
When: December 9, 2016, (6-8:30pm)
Where: Windsor Elementary School
Why: Provide an accessible workshop to fundraise for West Hants SchoolsPlus' programming

Snapshot



Dot mandalas

SP SITES



■ #Schools with SP (78.05%)
■ #Schools without SP (21.95%)

CBVRSB BROOKLAND FAMILY DAY



In the aftermath of the Thanksgiving flood that devastated the safety and integrity of Brookland Elementary School, students and staff have been displaced and relocated to two other elementary schools within the Sydney/Whitney Pier area.



KEY ASPECTS

- Free admission
- Recreational activities
- Co-facilitated by Therapeutic Recreation Diploma Program students (NSCC)
- 100+ students, staff, and parents attended

Who: Students, families, and staff from Brookland Elementary School
What: A Family Day organized by SchoolsPlus
When: October 18, 2016 (2:30pm-5:00pm)
Where: The CBU Health Complex (Soccer Dome)
Why: Build and sustain a sense of togetherness and solidarity during a difficult time

Snapshot



CCRSB PUMPKINS FOR POVERTY

SP SITES



Orange Schools with SP (27.94%)

Black Schools without SP (72.06%)

- Who:** All community members
- What:** Charitable event where one received a free pumpkin upon making a donation (food or cash) to the local food bank
- When:** October 14, 2016 (11am-1:30pm)
- Where:** Victoria Square, Amherst
- Why:** *Support the Amherst Food Bank and local community*

Snapshot



SP SITES

CSAP MINI ENTREPRENEURIAL CAMP



Red #Schools with SP (100%)

Black #Schools without SP (0%)

In this program, students borrow money, create a product, market and sell product, and then pay back the borrowed money!

- Who:** Grade 6 students in partnership with le Conseil de Développement économique de la Nouvelle-Écosse (CDÉNÉ)
- What:** 4 session program where CDÉNÉ guides students to run a business
- When:** October & November 2016
- Where:** Various schools in CSAP
- Why:** *Learn about being an entrepreneur, leadership, and working together*

Snapshot



Students at École Belleville

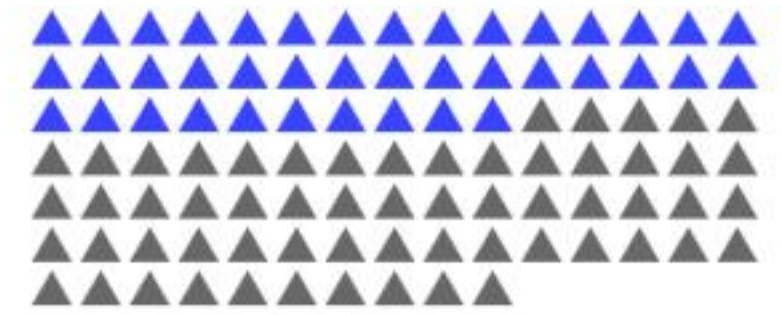


HRSB PARENT COMMUNITY HEALTH FAIR

SP SITES

Presenter Tables

Atlantic Superstore Dietitian
Between the Bridges
BRAVE
Dartmouth Community Health Team
Dartmouth Family Centre
Dartmouth Learning Network
Dartmouth North Community Food Centre
Dartmouth North Public Library
Family SOS
Islamic Association of Nova Scotia-ISAN
Parenting Journey
Public Health Hygiene
SchoolsPlus
Schools Resource Officer
School Social Worker
Self Help Connections
Star Program
The Boys and Girls Club

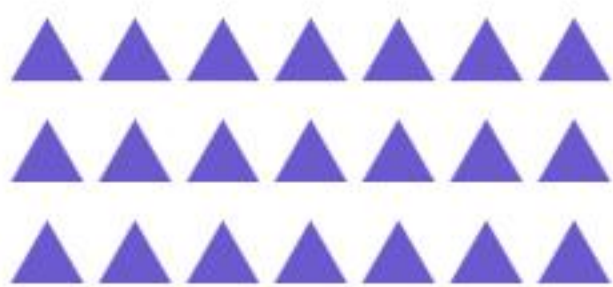


■ #Schools with SP (40%)
■ #Schools without SP (60%)

Who: Parents and community members
What: The 3rd Annual Health Fair, where presenters had tables, and prizes and refreshments were available
When: November 23, 2016 (1-3pm)
Where: Harbour View School, Dartmouth
Why: *Provide a networking opportunity for parents and resource providers in the Dartmouth community*

Snapshot

SP SITES



■ #Schools with SP (100%)
■ #Schools without SP (0%)



SRSB ARTIST'S CORNER



Who: Gr. 4-6 students
What: Interactive art program where students created art and then took home a sketchbook, a paint canvas, and 1-2 booklets with instructions to draw pictures.
When: December 2016
Where: Guysborough County SchoolsPlus
Why: *Allow students to destress through art, while listening to music being creative*

Snapshot



SSRSB YOUTH ADVISORY COUNCIL

SP SITES

Who: Nominated students in grade 8 and above from various communities in SSRSB, in partnership with the RCMP

What: Michael Graves from the United Way spoke to YAC about volunteer opportunities like Rake it & Plow it Forward

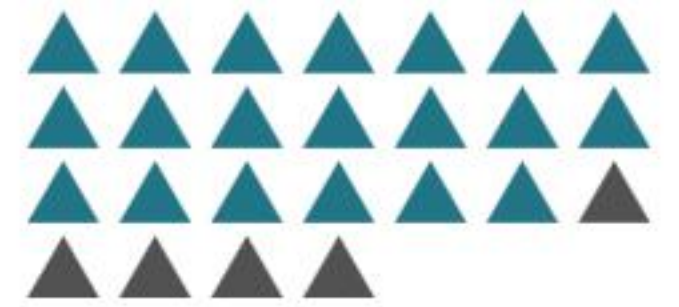
When: November 2016

Where: SSRSB

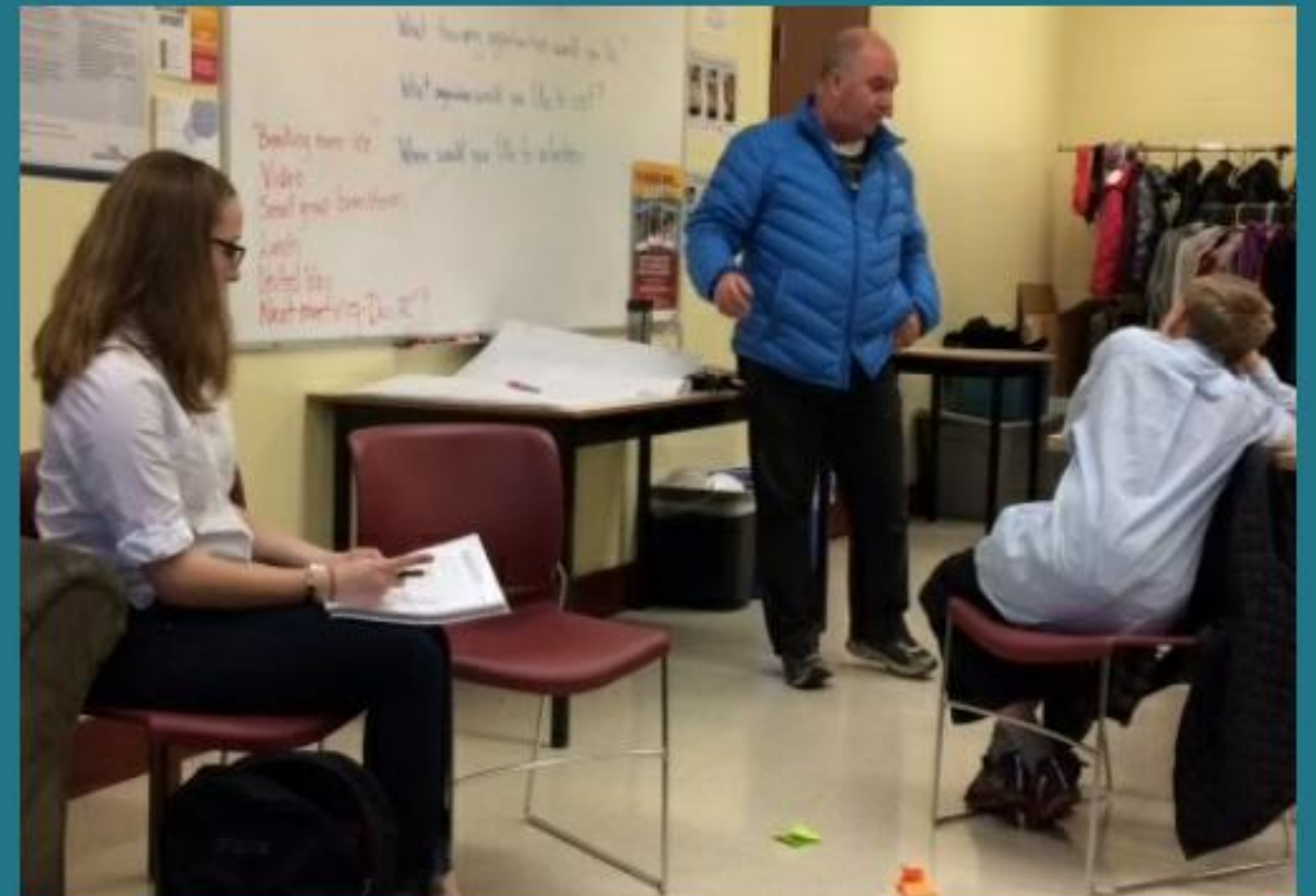
Why:
Provide opportunities to youth interested in becoming involved in their communities but may face barriers to doing so

Snapshot

The group is commonly referred to as YAC, their abbreviated name!



■ #Schools with SP (80%)
■ #Schools without SP (20%)



SP SITES

TCRSB DRHS BASKETBALL FUNDRAISER



Check out the feature story page for more details!

■ #Schools with SP (82.61%)
■ #Schools without SP (17.39%)

Who: University basketball teams, organized with the help of the TCRSB SchoolsPlus Chit Chat Group

What: Basketball fundraiser event

When: October 28, 2016

Where: Digby Regional High School (DRHS)

Why:
Fundraise and raise awareness about mental health and illness

Snapshot





Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

HEADSTRONG



BE BRAVE
REACH OUT
SPEAK UP



WHAT IS HEADSTRONG?

MHCC HEADSTRONG is a stigma reduction program aimed at changing the attitudes and behaviours among youth around mental health problems and illnesses.

HEADSTRONG WEBSITE

<http://www.mentalhealthcommission.ca/English/initiatives/11876/headstrong>



These youth are extending our reach deeper into many of their schools, strengthening ongoing Health and Wellness initiatives, promoting help seeking and changing school culture

- Bob Heeney,
Headstrong National Coordinator

SCHOOLSPLUS & HEADSTRONG



Audio Interview: Sydney, NS



**Audio Interview:
Gloucester, NS**



**Headstrong Summit
Recap Video**

CCRSB SchoolsPlus and the NSHA partnered to offer a Headstrong Summit on November 17th. 120 youth from all high schools in the county participated.

CBVRSB SchoolsPlus partnered with the NSHA and guidance counselors in their middle schools to coordinate a Summit on November 10th. The event included first-voice speakers, break out sessions, and a panel.

WHAT IS A YOUTH SUMMIT?

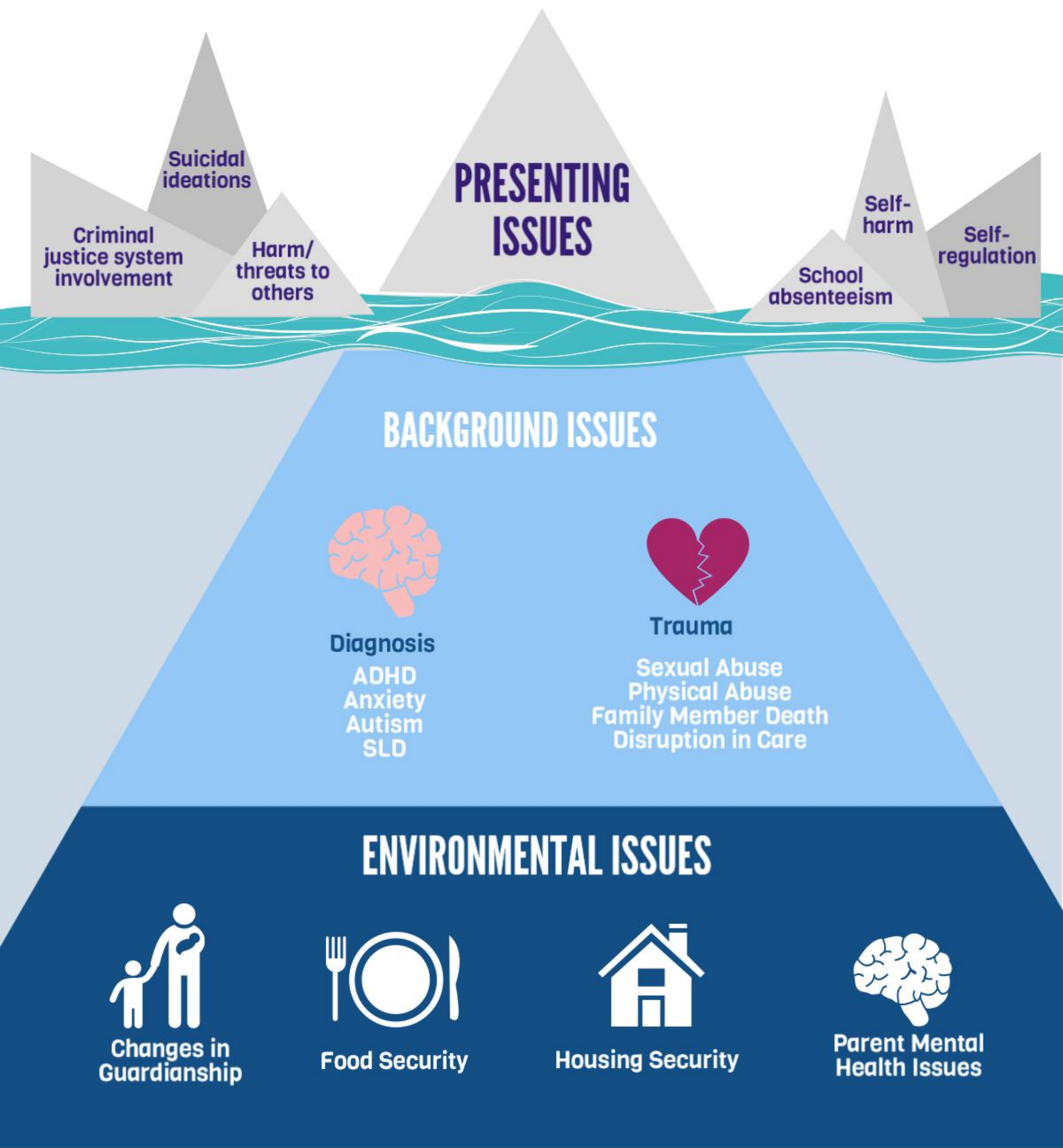
A summit brings together students from various schools, along with school staff (teachers and administrators), to learn about mental health problems and mental illnesses and stigma, and to challenge the stereotypes and misconceptions that fuel stigma.

The three key components of a summit are education, contact, and taking action.



CASE SYNOPSES

Data from the case synopsis section of the Monthly Report have been collated into three overall themes and several sub-themes.



The three themes are like layers of an iceberg. Presenting issues, things one can see, are on the tip of the iceberg. Background and environmental issues are often 'beneath the surface issues', from which presenting issues originate.