
BE WELL

2020 / 2021



SD.22

ISSUE 5: HOPE



CONTENTS

ISSUE 5

Holding on to Hope.....	3
The What and Why of Hope.....	4
Caring with Hope.....	5
When Hope Gets Slippery.....	6
Deep Hope Versus Vain Hope.....	7
Mindset for Finding Hope.....	8
Specific Ways to Build Hope.....	9
Today’s Tools.....	10

RESOURCES DIRECTORY

Announcements.....	12
Brain Story Certification.....	13
Heads Up! Community: Mental Health Virtual Summit.....	14
Canadian Mental Health Association Free Workshops.....	15
Teaching Tenaciously: Building Compassionate Communities.....	16
Trauma-Informed Return to School.....	17
Coping with Covid Online Modules	18
Mental Health Supports for Staff.....	19
Contact Info.....	20

HOLDING ON TO HOPE...

“A rainbow is a prism that sends shards of multicolored light in various directions. It lifts our spirits and makes us think of what is possible. Hope is the same— a personal rainbow of the mind” (Snyder, 2002, p. 269).



Hope might sound like a simple word, but if you really try to look at it with all of its facets, you can see why there are nearly as many definitions as there are ways for the sun to reflect through a glass prism. If only it really were a prism that we could hold in our hands, maybe its weight would bring us comfort through the darker days when the light just won't catch. Hope's most powerful feature is its rainbow display, as it is this magnificent show of light that allows it to inspire hope in one another. In that way hope is contagious just as a magnificent show of light can lift our spirits and make us feel closer to those whom we are with.

Hope is as essential to our survival as water and it protects our wellbeing to the same degree that shelter protects us from wind and rain. One way that hope has a great impact is its effect on motivation. When people believe in a positive future for themselves they are more likely to take action toward steps that support their wellbeing. Hope has been shown improve and protect against symptoms of anxiety and depression as well as against setbacks and obstacles, it has also been proven to combat feelings of isolation and loneliness.

THE WHAT & WHY OF HOPE

RECOGNIZING HOPE IN YOURSELF AND OTHERS

WHAT IS HOPE?

The character strength hope has to do with positive expectations about the future. It involves optimistic thinking and focusing on good things to come. Hope is more than a feel-good emotion. It is an action-oriented strength involving agency, motivation and confidence in our ability to reach goals, and the belief that pathways to our desired future can be created and

followed. Optimism is closely linked with having a particular explanatory style (how we explain the causes of bad events). People using an optimistic explanatory style interpret events as external, unstable and specific. Those using a pessimistic explanatory style interpret events as internal, stable and global. The latter dampens hope but we can make adjustments!

8 BENEFITS OF HAVING HOPE

The following is an excerpt from an article titled “What is Hope in Psychology” by Elaine Houson, B.S.c and published on: positivepsychology.com/hope-therapy/

1. Hope is strongly connected to high academic and athletic performance, greater physical and psychological well-being, improved self-esteem, and more fulfilling relationships (Rand & Cheavens, 2012).
2. Hope has the potential to enhance well-being over time. Erez & Isen (2002) found that individuals who are more hopeful and expect to be successful in achieving goals are more likely to experience a state of wellbeing.
3. Individuals with high hope are more likely to view stressful situations as challenging rather than threatening, which greatly lowered their stress about the situation (Lazarus & Launier, 1978).
4. Hope protects against the development of chronic anxiety. Michael (2000) found that hope reduces anxiety, while also protecting against perceptions of vulnerability, uncontrollability, and unpredictability.

5. Hope motivates people to stay committed to long-term goals, including overcoming obstacles along the way. High-hope individuals can see their goals clearly; and make goals based on their own previous performances. In this way, hopeful individuals have greater control over how they will pursue goals and are motivated to find multiple pathways to reaching their goals which helps when things don't go according to plan (Conti, 2000)
6. Snyder et al. (2002) found that high hope college students were more likely to graduate than their low hope counterparts. Students with low hope graduated at an overall 40.27% rate as compared with 56.50% of high-hope students. Additionally, low hope students were also at greater risk of being dismissed (25%) relative to their high hope peers (7.1%).
7. Hope is positively related to overall life satisfaction (Roesch & Vaughn, 2006).
8. Hope, with its built-in orientation towards the future, motivates individuals to maintain their positive involvement in life regardless of any limitations imposed upon them (Rideout & Montemuro, 1986).

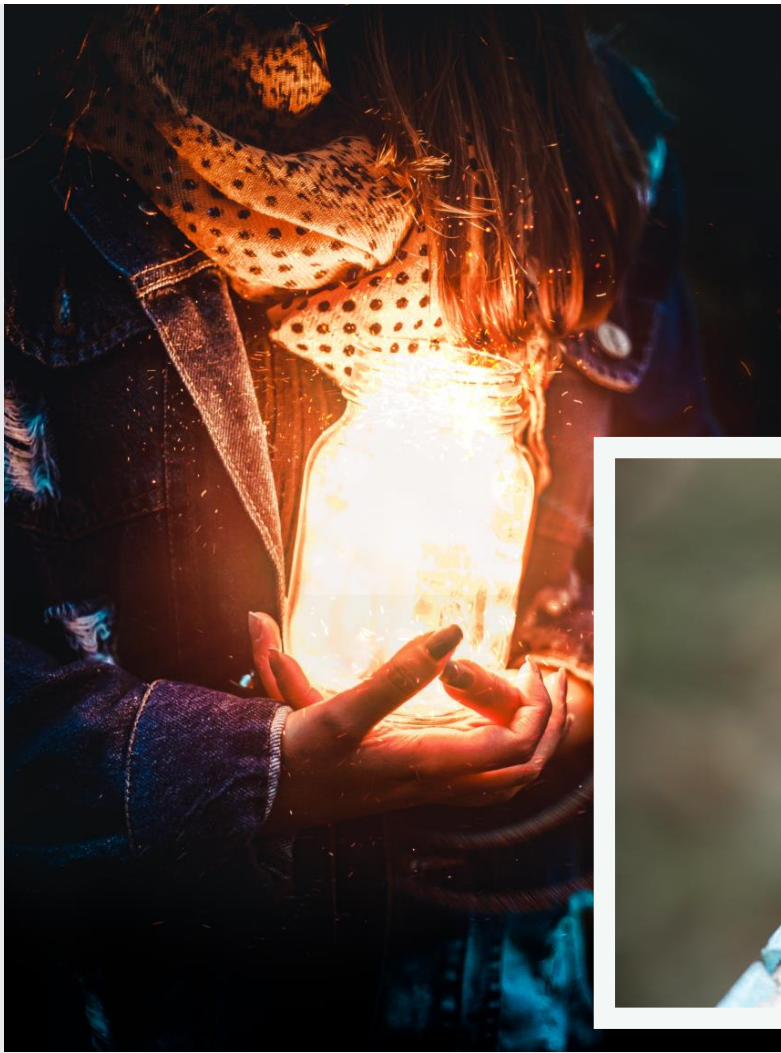
CARING WITH HOPE...

Hope isn't best viewed as something you have or you don't, but rather it's a belief that ebbs flows with our internal tides, as well as those in the world around us. Our capacity to hold on tightly to hope shifts with the winds and is influenced by many factors. One thing we know for sure is that one of the ways we can care for one another, is to find ways to offer inspiration in times of need. An important part of helping one another get through tough times is the role we play in encouraging each other to imagine new, positive possibilities. I know when I have felt stuck or unable to see a brighter future through all of the guck, it's been the knowledge that others around me can see a brighter future that has helped me to keep going.

Some ways to do this include:

- Sharing success stories that the person can relate to
- Verbalizing a belief that things will get better for the individual
- Being present and available to spend time and just be with the person. Bonus points if you can get them laughing!

Keep in mind that repeated negative events can increase fear and dampen hope. Just by holding on to the idea that a brighter future might lie ahead, you are strengthening your ability to have hope through difficult times, while also acting as a hope surrogate for those people around you that might be low on hope right now. In turn this raises their ability to maintain hope and act as a surrogate for you, when you are running on low. In this way we are all caring for one another in a way that is balanced and empowering.



Step 1: When a friend is low on hope make sure they feel truly heard by saying something like: *"I completely get why you might have a hard time believing things will get better because right now you can't see a way out and because you are exhausted and because this challenge seems impossible.*



Step 2: Then let them know *WHY* you have hope despite each of the "because's" you listed: *"In the time I've known you found a way to get through x, y, z."* OR something like *"It's okay to be low on hope right now, I have enough for the both of us until you see a way forward."*

Step 3: Let them know you are in it together: *"no matter what happens I'll be here to support you."* Bonus points if you can share an example, memory or possible outcome that gets a laugh!

When Hope Starts Slipping

Around this time, every year, I find myself having a peculiarly paired series of emotions. On one hand I adore the opportunities for coziness that fall and winter bring, am awestruck by the stark and rapid changes in the environment, and look forward to the festivities ahead. On the other, I think of the medley of ways this time of year can bring on feelings of sadness and loneliness, including the effects of less sunlight, this year, even further restrictions on things to do, and the way these coming months have a tendency to highlight lacking resources and empty chairs.

DEPRESSION, HELPLESSNESS & GRIEF

Hopelessness might be most generally described as an inability to see a positive future, and it has been aptly declared an essential, defining condition of depression in which individuals see the world through a dark lens. Whether hope is lost through depression, helplessness, grief or other avenues, recapturing hope is the key to reclaiming wellbeing. If you have ever been low on hope, or tried to help someone that is, you know that on the outside it can look like the person is unwilling to change, try harder or take advice. Trying to do these things without hope is like trying to drive a car with no gasoline. Rather than judging them for their lack of motivation, this perspective offer a a compassionate position when we or someone we know is stuck from a low hope supply. The challenge is to figure out what will fill the tank to get moving again. When this feels too hard it's a great time to consider adding to the support team those who have experience helping people when they are stuck, such as a counsellor, doctor, support group or other skilled helpers.



PATIENT HOPE is a hope that everything will work out well in the end

UNIVERSAL HOPE is a general belief in the future and a defence against despair in the face of challenges

GENERALIZED HOPE is hope not directed toward a specific outcome

Those who have suffered greatly, or are most disadvantaged by class, gender race, poverty and discrimination might need increased support in generating and maintaining hope due to the effect that facing hardship for factors that are beyond our control has on our ability to believe things will bet better.

Deep Hope vs Vain Hope



Deep hope requires practicing patience
taking one step at a time and focusing
on the steps and not the destination.

It is knowing that just because we
cannot see a way through now,
doesn't mean there isn't one!

Being that hope is harder for those who have had repeated negative outcomes and events throughout their life, it makes sense that many people I've gotten to know along my travels hold off on hope as a way to protect themselves from the effects of becoming disappointed after "getting their hopes up." If you are familiar with the work of Brene Brown, you know she would declare this "foreboding joy" and go on to explain that the truth of the matter is people who dampen hope also dampen other ingredients to wellbeing. But not to worry, there is another way!

VAIN HOPE

Many of us are familiar with vain hope, this is when we focus our hope on a desired future outcome. For example "My health test results will come back negative." Vain hope acts as a closed system between us and our ideal outcome. In some scenarios this hope might drive us to best influence the results. For example if our hope is to ace a test, vain hope might drive us to study harder. While our health results are pending we ease our worry by telling ourselves that it's probably nothing. But where does this leave us in scenarios that are well beyond our immediate control and what happens when the results come back as our worst fear? This is where deep hope shines

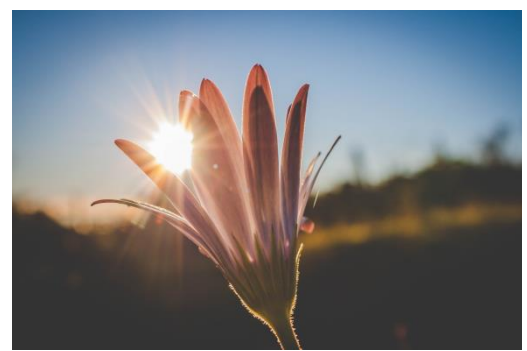
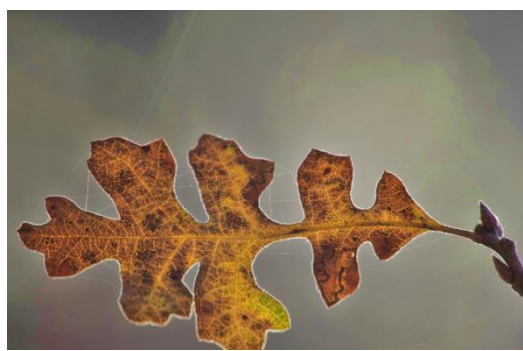
DEEP HOPE

The beauty of deep hope is that your wellbeing isn't based on a lottery outcome. Deep hope isn't founded on any particular outcome. It is founded on the knowledge that life is filled with complex conditions and that whatever comes to be, you can only do your best. Life is filled with uncertainty as well as possibility and no matter the outcome, we will meet the accompanying challenges with an open heart to the good that is possible even when we can't see it straight away. The saying "When one door closes another opens" is in keeping with the spirit of deep hope along with the idea that no matter the outcome we can choose to take from the scenario what we can (perhaps a lesson or a chance to build empathy), and continue moving forward with compassion for ourselves and others. Deep hope is knowing that whatever we are dealt, we will do our best with what we have and what we might create.



MINDSET FOR FINDING HOPE...

Whether you are experiencing diminished hope from the skidding effect and are experiencing a loss of control, the bruising effect and having a sense of hopelessness from failure or loss, the boomerang effect and it just seems like no matter how hard you try you end up back where you started, or the alien effect and you are feeling like no one understands what you are going through, this next piece is for you. Hope can be fostered through our mindset, and this mindset takes time and practice to build. It's not a quick fix but it is a rewarding one!



1. RECOGNIZE THAT NOTHING IS PERMANENT

While this is a hard reality to accept and even painful in situations when it comes to what we don't want to let go of, this is a fact that doesn't discriminate. The challenging emotions and situations we endure come with fluctuations of lower and higher intensities. Helping children and youth understand this fact is paramount to helping them find hope. As our brain develops and we get through things that felt impossible we come to discover that eventually we will be okay yet again. Remind yourself this when you lack hope.

2. KNOW THAT HUMAN IMAGINATION CAN LACK FORESIGHT

Particularly when it comes to visualizing a new future, research has measured this. One example is a study in which participants were asked what they thought their life would look like in five years. "Not much different" was a common answer. When they were asked how much their life had changed in the past five those same people shared streams of major life altering events. A powerful way to inspire hope is to come up with a detailed vision of what you want your life to look like in one, five and 10 years. Write it out or make a vision board and watch hope grow! Just because we can't immediately see a brighter future doesn't mean it isn't there.

3. STRAIN YOUR BRAIN TO EXPAND YOUR VIEW

You might do this by looking back and listing times when things felt hard or impossible, and reflect on how much you feel impacted by that now, or even the benefits or opportunities that you couldn't see or experience until later. Now, see if you can come up with any positive outcomes that might emerge from a current struggle. For example hard times inspire us to prioritize our health, appreciate what we have, renew social connections, get creative with problem solving, invest more in relationships, build empathy or become a positive force for a cause.

4. CATALOGUE HOPE

People often make choices that are aligned with their current mood. For example when we are sad we are more likely to select sad music. This isn't necessarily a bad thing when it lets us experience and then move through a tough emotion. However, we can create cycles of low mood or hopelessness if we don't have ways to spin ourselves out of these states. One idea is to try gathering together a list of songs, books, shows, movies, memories, images, wise words and anything else you can gather and have on hand to bring you hope when you are down, incorporate into our regular routine to train our mindset.

SPECIFIC WAYS TO BUILD HOPE

BUILD HOPE ONE BLOCK AT A TIME

The following is from an article titled “340 Ways to Use VIA Character Strengths” by Tayyab Rashid with the University of Toronto & Afroze Anjum from the Toronto District School Board

TRY SOME OF THESE IDEAS FOR BUILDING & MAINTAINING HOPE!

1. Recall a situation when you or someone close to you overcame a difficult obstacle and succeeded. Remember this when you are having trouble seeing a positive outcome.

2. List all of the bad things that happened to you the previous day, then find two positive aspects of each. .

3. Visualize where and what you want to be after one, five and ten years. Sketch a pathway that you can follow to get there. Include manageable steps and ways to track your progress.

4. Record your negative and positive thoughts and notice how they affect your future performance. Experiment with making your thoughts more positive and see if your performance improves.

5. Read or watch a movie about someone who succeeded despite difficulties and setbacks. Look for similar obstacles that both of you faced.

6. Recall bad decisions you made, forgive yourself and see if you can make better decisions in the future. Learn from your mistakes rather than being haunted by them.

7. When faced with adversity focus on how you overcame similar adversity in the past. Let these successes guide you.

8. Mentally rehearse your next anticipated challenge. Build perspective by managing obstacles rather than trying to eliminate all of them.

9. For the next three challenging tasks, identify what would work best for you to change your thoughts to help your actions or changing your actions to help have more positive thoughts.

10. Document three of your past accomplishments in detail and let them inspire your future. Keep these descriptions on your phone or somewhere handy so you can read them when hope is low.

11. Surround yourself with optimistic and future-minded friends, particularly when you face a setback. Accept your encouragement and help, and let them know you will do the same for them when they face obstacles.

12. Spend at least 15 minutes twice a week to spend generating optimistic ideas. Write them down and list actions you can take to realize your ideas. Discuss your ideas with friends and make them partners in your endeavors.

TODAY'S TOOLS

CAPTURING HOPE

To learn more about your own relationship with hope, including the accompanying traits such as optimism, gratitude, humor and spirituality you can do a number of free online quizzes offered through the Authentic Happiness Department at Penn University. I recommend starting with the VIA Survey of Character Strengths and the Optimism Survey. They can be found at:

<https://www.authentichappiness.sas.upenn.edu/>

Under the "Questionnaires" tab.

There is a version of the survey for young people too!



HOT APPLE CIDER

<http://lifeispoppin.com/homemade-apple-cider-recipe/>

This summer I visited Davidson Orchard her in Vernon for the first time, and my love for apple juice was renewed. Now that I'm wanting warmer drinks I thought I'd see what I could create at home. I also had a lot of apples and time with my 12 year old, otherwise I'd try spicing and warming apple juice. We put whipped cream on ours and it was like drinking apple pie!

What you will need:

- 10 apples, quartered
- 3/4 cup white sugar
- 1 tablespoon ground cinnamon
- 1 tablespoon ground allspice

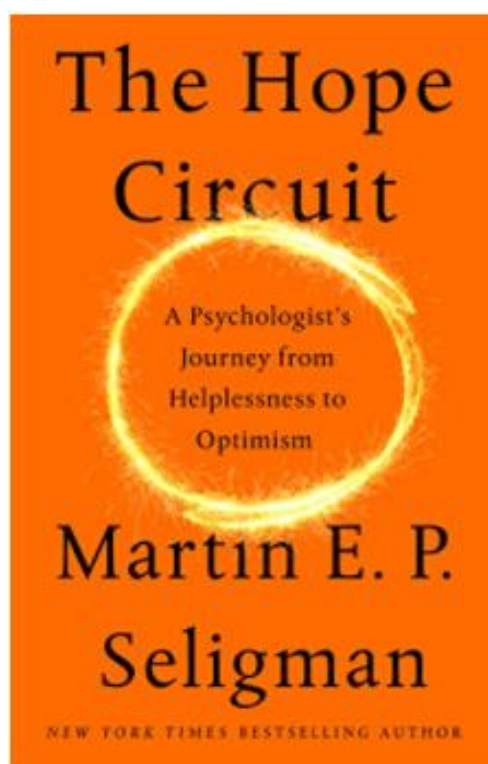
Directions:

Place apples in a large stockpot and add enough water cover by at least 2 inches. Stir in sugar, cinnamon, and allspice. Bring to a boil. Boil, uncovered, for 1 hour. Cover pot, reduce heat and simmer for 2 hours.

Strain apple mixture through a fine-mesh sieve. Discard solids. Drain cider again through a cheesecloth-lined sieve. Refrigerate until cold.

You can also make this recipe in the crockpot!

HERE IS
A BOOK
RECOMM
ENDATIO
N FOR
THOSE
OF YOU
THAT
WANT TO
DIVE
DEEPER
INTO
THE
TOPIC
OF
HOPE!



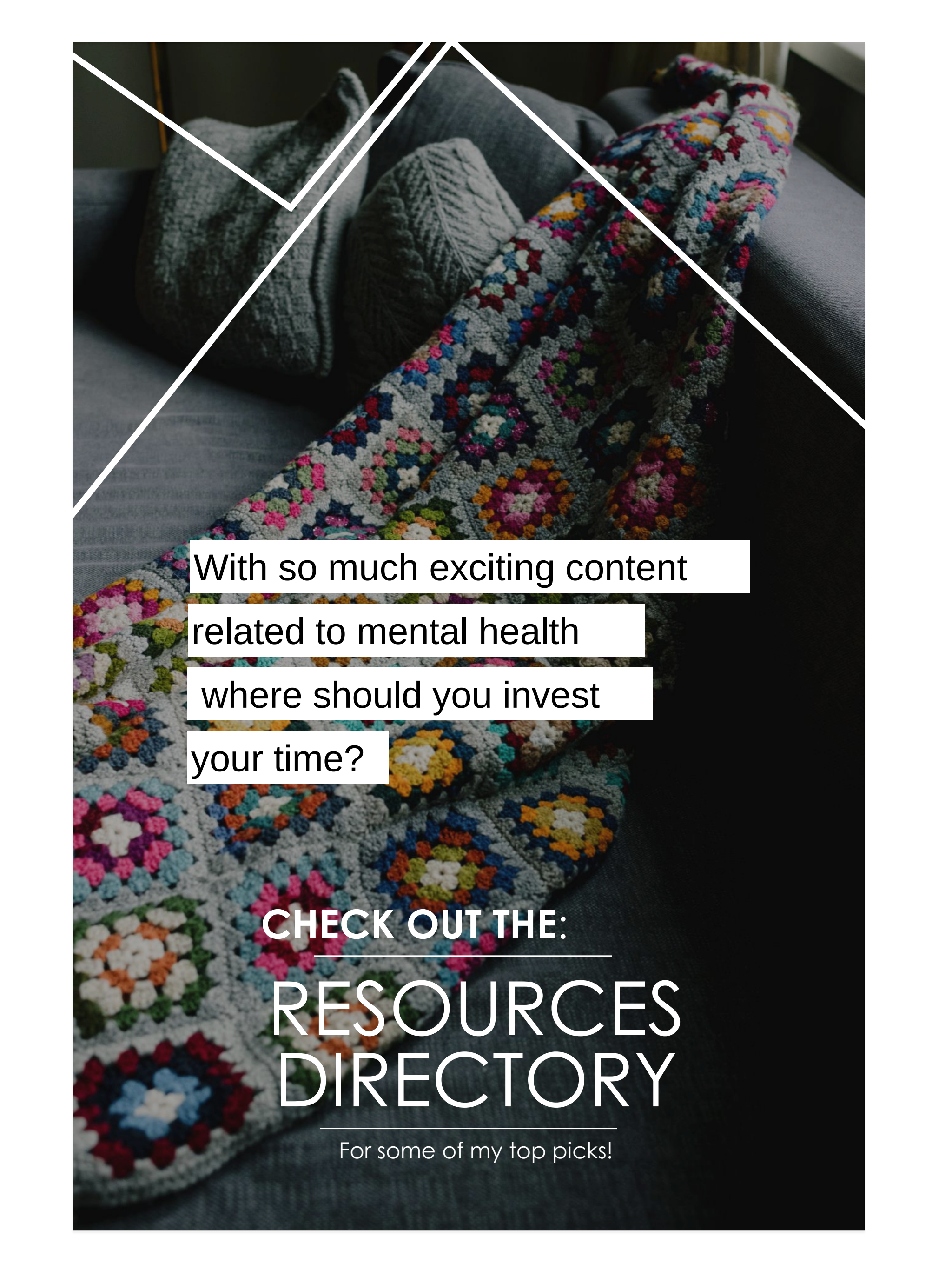
Here are some movies to curl up to with your hot apple cider and boost your hope levels without leaving the couch!

Good Will Hunting (1997)

Field of Dreams (1989)

Cinderella Man (2005)

The Diving Bell and the Butterfly (2007)



With so much exciting content
related to mental health
where should you invest
your time?

CHECK OUT THE:

RESOURCES DIRECTORY

For some of my top picks!

Announcements

SD 22 WELLNESS COMMITTEE

The SD. 22 Wellness Committee would like you to know that they are eager to receive grant proposals. for ideas aimed at fostering staff wellbeing. For more information and to download the application form visit SD22.bc.ca and click on “staff resources.” Select SD22 Portal from the drop down and then under departments select “Wellness Committee” to find out more!

OKANAGAN LEARNING FOUNDATION

The Okanagan Learning Foundation is accepting grant proposals to support the health and wellbeing of children and youth in our community. If you have any ideas and are looking for funding support you can obtain an application and contact them through their website at oklearns.com.



Webinars

BRAIN STORY CERTIFICATION

A FREE COURSE ON BRAIN
DEVELOPMENT AND IT'S
CONSEQUENCES FOR LIFE LONG
HEALTH

Brought to you by :
**Alberta Family
Wellness**

Available in French and
English

To access this webinar
You need to go to
<https://www.albertafamilywellness.org/training>

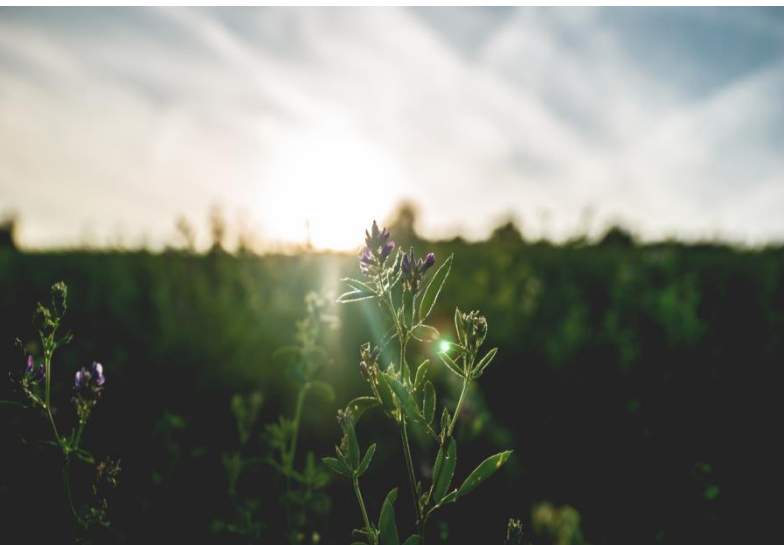
A free, in-depth course for anyone who wants to learn
more about the science of brain development.
Videos of more than 30 [leading experts](#) in neurobiology
and mental health
Certification in Brain Story science
[19 modules](#) self-paced
Brain Story Certification is a course endorsed by
our [Curriculum Committee](#).

WHAT YOU WILL LEARN

Lifelong health is determined by more than just our genes: experiences at sensitive periods of development change the brain in ways that increase or decrease risk for later physical and mental illness, including addiction. That finding is the premise of the Brain Story, which puts scientific concepts into a narrative that is salient to both expert and non-expert audiences. The Brain Story synthesizes decades of research and reflects a body of knowledge that experts agree is useful for policy-makers and citizens to understand.

The Alberta Family Wellness Initiative (AFWI) has developed an online course to make Brain Story science available to professionals and the public. Brain Story Certification is designed for those seeking a deeper understanding of brain development and its consequences for lifelong health. The course is also designed for professionals seeking certification in a wide range of fields.

*several of our SD22 staff have already taken this course and provided excellent reviews!



Webinars

HEADS UP! COMMUNITY MENTAL HEALTH VIRTUAL SUMMIT- Nov 26th & 27th

Brought to you by The Fresh Outlook Foundation

<https://freshoutlookfoundation.org/heads-up-community-mental-health-summit/>

The sessions offered in this summit are appropriate for staff and students alike.

Imagine a virtual Summit where people with diverse insights, ideas, passions, and influences gather to explore a range of post-COVID mental health challenges, successes, and opportunities.

With a special focus on collaboration to best meet the mental health needs of families, workplaces, and communities, the Summit is designed for people from all sectors, ages, cultures, abilities, and genders.

Join us on November 25th and 26th, 2020 for a gathering you'll never forget!

The Fresh Outlook Foundation's passion is inspiring community conversations for sustainable change, the key word being "conversations."

SUMMIT AGENDA

SESSION 1: Wednesday, November 25th (12:45-4:30) MOBILIZING SYSTEMIC CHANGE FOR BETTER MENTAL HEALTH CARE

SESSION 2: Thursday, November 26th (8:15-noon) EXPLORING TRADITIONAL AND EMERGING MODELS OF PREVENTION & CARE

SESSION 3: Thursday, November 26th (12:45-4:30) FINDING INTEGRATED SOLUTIONS FOR SUBSTANCE USE & HOMELESSNESS

Fresh Outlook Foundation History

FOF was established in 2007 by communications consultant Joanne de Vries, with support from a committed group of board members and volunteers who shared her passion for building sustainable communities in British Columbia, Canada. Now a registered charity, FOF is highly acclaimed as the creator and host of innovative and interactive events, programs, and projects that enable and encourage community sustainability

Webinars

CANADA MENTAL HEALTH ASSOCIATION Offering FREE Mental Health Workshops For your Students

Poema Kazazi, the Youth Coordinator, will be delivering FREE Youth Connections Mental Health workshops for high school students.

These workshops are from one to two hours in length, and provide youth with various tools, skills, and resources to take care of their mental health. Some topics of discussion include: [1] Anxiety in Youth; [2] Introduction to Mindfulness; [3] Mental Health Resources for Youth; and, [4] Youth and Mental Illness.

The team can also customize the workshops based on the needs of your students. The workshops may be provided in person (following proper guidelines) or virtually via ZOOM and must be booked at least two weeks in advance.

To book, email Poema Kazazi.

Poema.Kazazi@cmhavernon.ca

OTHER SERVICES OFFERED BY CMHA-VERNON

Crisis Line and Chat

Confidential and non-judgmental emotional support and referrals for all ages. www.interiorcrisisline.com
1-888-353-CARE(2273)

BounceBack A free skill-building program designed to help youth 15+ manage low mood, mild to moderate depression, anxiety, stress, or worry. Delivered online or over the phone with a coach, youth will get access to tools that will support them on their path to mental illness. During the pandemic individuals can self-refer or get a referral from a family doctor. www.bouncebackbc.ca

Living Life to the Full

Living Life to the Full for Youth is a fun, interactive course that will leave youth with the inspiration and tools to get the most out of life. Offered as part of the Blue Wave youth mental health program, this course has been shown to improve mood and well-being and reduce stress and anxiety. Living Life to the Full for Youth is an eight-week community-based course that provides simple, practical skills for coping with stress, problem solving, boosting your mood, and busting bad thoughts.

The next course starts October 22 and will be offered for free due to the generous donations from Morris Foundation. To register see link below:

<https://www.eventbrite.ca/e/living-life-to-the-full-for-youth-13-18-registration-123265529517>

Youth Groups

Kids Group

A free group for children ages 7-10 who have a parent or caregiver living with a diagnosed mental illness. The group meets once a month for a day of recreational, educational and social activities. The purpose of the group is to offer parents/caregivers a day of respite, and to help support the children in reaching their full potential through activities they may otherwise not get to do.

Tween Group (Formerly Super Saturday)

A free group for youth ages 11-14 who have a parent or caregiver living with a diagnosed mental illness. The group meets once a month for a day of recreational, educational and social activities. The purpose of the group is to offer parents/caregivers a day of respite, and to help support the youth in reaching their full potential through activities they may otherwise not get to do.

Teen Group (Formerly Friday Night Live)

A free group for teens ages 15-18 that are living with mild to moderate mental health concerns. The group meets once a month for a day of recreational, educational and social activities. The purpose of the group is to introduce the teens to a peer support model, while teaching healthy coping and life skills.

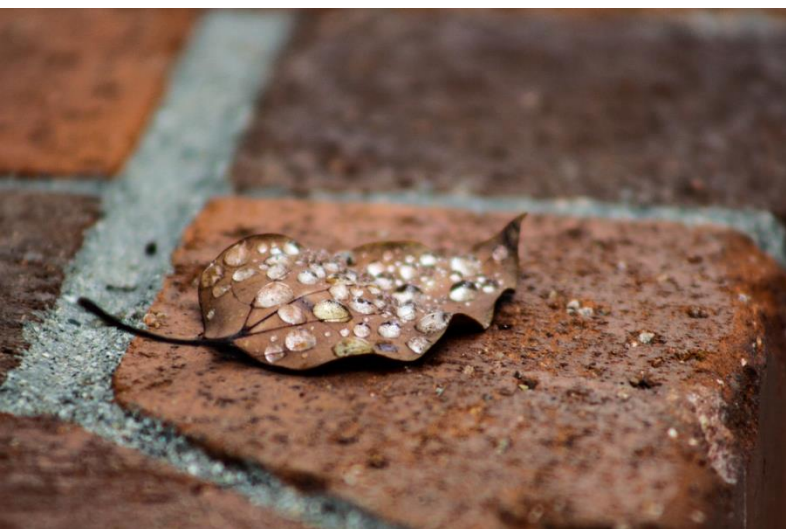
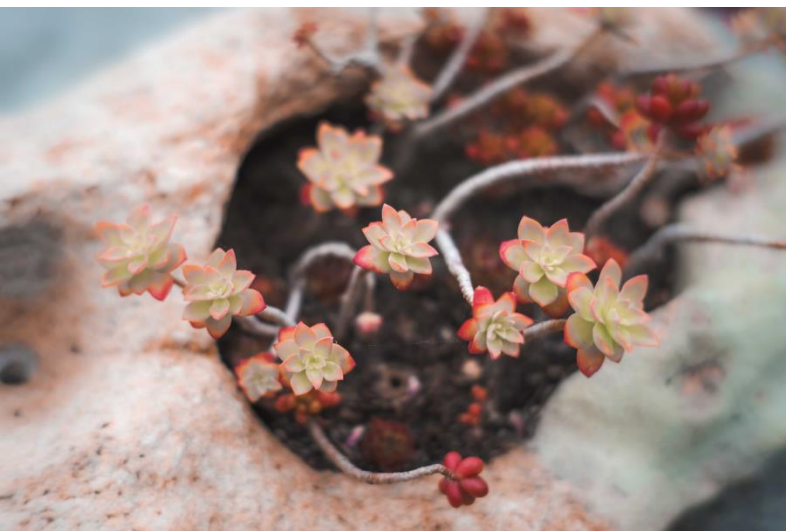
For more information on how to register for any of these programs **please call 250-542-3114 or email support@cmhavernon.ca**

Webinars

TEACHING TENACIOUSLY: BUILDING COMPASSIONATE COMMUNITIES IN A NEW NORMAL

Brought to you by Open School BC

To access this webinar
You need to go to openschool.bc.ca/webinars
scroll to the bottom and click on "REGISTER
FOR TEACHING TENACIOUSLY"



Building Compassionate Communities in a New Normal

Pre-recorded

First in the series will be Building Compassionate Communities in a New Normal. This 75-minute webinar will provide educators with information, ideas and strategies that they can use to create compassionate spaces for students, especially during times when the classroom environment is ever-changing. Speakers for this September session will include:

Dr. Kimberly Schonert-Reichl

Dr. Kimberly Schonert-Reichl is an Applied Developmental Psychologist and a Professor in the Human Development, Learning, and Culture area in the Department of Educational and Counselling Psychology, and Special Education at the University of British Columbia (UBC).
Dr. Linda O'Neill

Linda is a long-time northerner from the far northwest corner of BC who practiced in that area for many years. She holds a BA in Child and Youth Care, an MEd in Counselling Psychology, and a PhD in Educational Psychology from the University of Victoria and is a certified counsellor and trauma specialist.

Monique Gray Smith

Monique Gray Smith is an award-winning, and best-selling author of books for children and youth, as well as adults. Her children's books include; My Heart Fills With Happiness, You Hold Me Up, and soon to be released, When We Are Kind. Her YA/Adult books include; Tilly: A Story of Hope and Resilience and Tilly and the Crazy Eights.

More information regarding all webinars will be released closer to their launch dates.

The webinars will be hosted on Open School BC's Open Course Resources. Registration is required to gain access to the live webinars and their recorded versions.

Webinars

TRAUMA INFORMED RETURN TO SCHOOL PRE-RECORDED

Brought to you by Safer Schools

<https://saferschoolstogether.com/product/individual-trauma-informed-return-to-school-secondary-grade-8-12/>

This session is intended for staff and community partners who support school safety and critical incident/trauma-related matters including:

Principals, Vice Principals and individuals who support school safety, culture and climate
Educators and school administrators according to school/district needs

Community partners who support threat risk assessment and violence prevention
(e.g. RCMP, municipal police, child protection social worker, child and youth mental health worker)

Topics Include:

What is trauma and how it impacts youth.
Understand what kind of trauma youth may have been exposed to while physical distancing.
Students already on our 'radar' pre-pandemic – what are we doing to support them?
Trauma-Informed Practice (TIP) and the students return to class.
The importance of staying connected with High-Risk and Vulnerable Youth.
Changes in baseline behaviour currently seen by Safer Schools Together regarding High-Risk and Vulnerable Youth.
Providing links to various resources.
A question log to address any issues that need further explanation.

COPING WITH COVID ONLINE WELLBEING MODULES FOR STAFF AND STUDENTS

<https://openparachuteschools.com/covid>

Our free Online Modules are designed to support the mental health of both teachers and students (Grades 6 through 12) in overcoming the mental and emotional challenges of the COVID-19 pandemic.

Student COVID Modules

There are two modules available for students, one for grades 6-8 and another for grades 9-12. These modules are facilitated by teachers to groups of students either in class or online.

In these free online modules, students learn skills for:

Counter-acting the mental health impacts of COVID
Building resilience when facing all forms of struggle
Supporting re-engagement with school and learning
Finding a hopeful future in challenging and uncertain times

Teacher COVID Modules

This module is focussed on Wellbeing for teachers, and can be completed independently or in a group.

In this free online module, teachers learn tools for:

Understanding the mental health impacts of COVID (for yourself and your students)
Supporting your own wellbeing in times of change and uncertainty
Supporting students to re-engage with school and learning
Implementing a trauma-informed teaching perspective
Overcoming all forms of struggle
Finding a hopeful future in challenging and uncertain times

MENTAL HEALTH SUPPORTS FOR STAFF

20-Minute Check-Ins

EMAIL KZUEST@SD22.BC.CA

Personalized resource packages, coping tools and skills, help understanding what services are available and the steps to take

BE WELL NEWSLETTER

EMAILED TO ALL STAFF MONTHLY

+
POSTED TO SD.22 PORTAL

Topics include information and strategies to support your mental health. An emphasis is placed on managing stress . Additionally, there is a section on upcoming free and low cost webinars and resources.

WELLBEING WEBINAR

TO BE ARRANGED THROUGH SCHOOL ADMINISTRATORS

Overview on mental health and wellbeing and an introduction to steps that can be taken to bring a stronger sense of wellbeing into your life and our work.

BLUECROSS BENEFITS

1.877.722.2583

Services will vary, employees are encouraged to contact Bluecross or check their online portal to discover what mental health supports are available to them.

Employee Family Assistance Program

1.844.880.9137
WORKHEALTHLIFE.COM

Counselling, groups, webinars and more. For a full list phone and check out the EFAP website

EXPLORE A FULL LIST OF MENTAL HEALTH SERVICES IN YOUR COMMUNITY AT
REDBOOK BC211

<https://redbookonline.bc211.ca/>



Thanks for Stopping By!

*If you're looking to offer feedback
or have requests for content, please reach
out using the information below*

KRISTEN ZUEST RCC, DVATI, MC:AT
MENTAL HEALTH & HEALTH PROMOTING
SCHOOLS LIAISON SD22 VERNON

EMAIL: kzuest@sd22.bc.ca